



CARVELA FOOTWEAR, ACCESSORIES AND HANDBAGS AVAILABLE EXCLUSIVELY AT CARVELA SANDTON CITY. ALSO AVAILABLE AT LIMITED SPITZ STORES. FOR MORE INFORMATION VISIT WWW.SPITZ.CO.ZA



#### NEWS

- The fashion chartsIt was the week that...
- This week's conversation
- 14 Chart of lust
- COVER STORY

Is Charlize *really* prepared to marry

a monster?

22 COVER STORY

10 hot stories, including Bruce's interview with Diane Sawyer, Zayn Malik cheated with a fourth girl,

and more

- 47 You, the fashion jury
- **49** Barry Bradshaw's column
- **96** And finally...

#### FEATURES

38 COVER STORY

Feature: Catfishing – the online dating scam no one is safe from

- Interview: RiRi talks staying in shape and dishes on those Leo DiCaprio rumours
- Feature: Use these tips to improve your mental strength

#### **FASHION**

- **50** Love, love, love
- Up the ante of 70s denim with
  - florals, fringing, leather and plaid
- 60 COVER STORY

Our rundown of all you need to know about denim for A/W15

#### HEALTH/BEAUTY

- **69** Love, love, love
- **70** Beauty looks that put the haute

into winter

- **75** Beauty charts
- 76 COVER STORY

Eight ways to wear the hair colour of the moment

#### WEEK IN WEEK OUT

- **80** 10 hot things to do
- **82** Entertainment: The Airborne

Toxic Event

**85** 10 questions: Lika Berning

#### AND THE REST...

- **92** Stockists
- **93** Party people: Woolies x Pharrell

and the MTV Movie Awards

98 Goodie bag

# GRAZIA



April 22 2015

My name is Kerrie and I'm a denim addict. Here's the thing – jeans really are my go-to for pretty much any calibre of event. I have my trusty pairs that I wear to work (Levi's Curve that I grabbed on a weekend shopping trip in Sandton City, and my favourite G-Star Raw skinnies that I got on sale in Paris), my favourites to travel in (Gap's "sexy boyfriend" style because they're loose enough to be comfy on the plane yet dressy enough to pair with heels once I land), my weekend staples (a pair of distressed cut-offs from Guess for an afternoon at the Neighbourgoods Market, and my reliable Rag & Bone indigo denim skinnies for date night).

If you ask me, denim is the ultimate long-term wardrobe relationship. Assuming you select classic pairs, you'll be able to wear them for seasons and seasons to come. And if you look at it that way, they practically pay for themselves!

In this, our Big Denim Issue, we show you the best denim options in store now (pg 60), and how to wear them (pg 52). Enjoy!

Until next week!



Go to Graziadaily.co.za for our weekly giveaways!

TWITTER.COM/@KezSimon
INSTAGRAM.COM/kerriesimonlawrence



**GET IT ALL!** 

Shop our shoe crushes and on-trend must-haves – bags, heels and fab dresses – at the *Grazia* shop: Graziadaily.co.za.

#### **FOLLOW US**

Follow us on Instagram @GraziaSAmag for behind-the-scenes snaps, Style Hunter, shopping finds and loads more.



#### YOU BE THE JUDGE

Give us your opinion on the latest celeb looks on Facebook/GraziaSA every Wednesday. For the look of the day, go to Graziadaily.co.za.

#### ONLINE THIS WEEK

Head on over to Graziadaily.co.za for an update on the hottest fashion and beauty trends to try right now.



Pictures: Gallo Images/Getty Images





# THE FASHION CHARTS

Drum roll, please! Allow us to introduce the TOP TEN HOTTEST FASHION items of the week. Purses at the ready







#### **FLORIENTAL**

Feel flirty in this floral tee from Puma, R1 599.

YES, EVERY
ITEM FEATURED
IN GRAZIA IS
AVAILABLE
THIS WEEK!



#### THE BLING RING

Fancy up any look with this dress ring. Thomas Sabo, R4 780.





THE OUTER LIMITS

This season pair a luxe Style Republic trench, R650, with normcore basics like this Levi's jacket, R799, and Next jeans, R750, at Graziadaily.co.za.

#### **CAT'S EYE**

We are weak at the knees for these electric sunglasses from Fendi\* at Safilo, R6 830.



#### **GOLF GEAR**

With its argyle design, this cardigan looks perfect worn with jeans. Pringle of Scotland, R1 600.



#### **NEW SNEAKS**

Keep moving in these zingy citrus sneakers. New Balance at Asos.com, R1 320.



#### A-LIST LOOKS

This luxe A-line skirt will make you feel like a million bucks.

Zara, R759.





#### **OLD SCHOOL**

Yep, it's still cool. Channel your inner schoolgirl with this satchel, R1 179, from Charles & Keith.





#### **HOT STUFF**

These filigree drop earrings are an investment. Dolce & Gabbana at Net-a-Porter.com, R15 065.



### The Rhodes statue fell

Hundreds gathered to cheer as the statue of Cecil John Rhodes was officially removed from the University of Cape Town's upper campus last week. Students have been protesting its presence on campus for a month. The statue has since been taken to a secret location to protect it.









#### **HELEN ZILLE STOOD DOWN**

Last week, Helen Zille announced that after almost eight years at the helm of the DA, she would not stand for re-election at the party's federal congress in Port Elizabeth next month. The politician's resignation was met with surprise and shock. Pity our fave girl Lindiwe Mazibuko has already announced she has no plan to run.



'I got into trouble for complaining about being objectified as a man, so I've kind of decided I'm going to be a good little hunk and shut up'

– Kit Harington on embracing his sex-symbol status



#### A murder-suicide rocked Johannesburg

The community of Azaadville, west of Johannesburg, was left reeling after an elderly man and his four-year-old grandson burnt to death in an apparent murder-suicide. It's understood that the boy was kidnapped by the man from his family home. Police are investigating the man's mental state at the time of his death to see if it contributed to the tragedy.



Percent of women regret their first sexual experience, while only 20 percent of men feel the same



#### **TAYLOR SWIFT REVEALED HER MOTHER HAS CANCER**

Last week, the songbird shared the heartbreaking news that her mother, Andrea, has cancer. In a post on Twitter, Taylor wrote: "I'm saddened to tell you that my mom has been diagnosed with cancer. I'd like to keep the details of her condition and treatment plans private, but she wanted you to know." We wish Andrea a speedy recovery!



#### **NINA DOBREV OUIT TVD**

Nina Dobrev officially announced her exit from The Vampire Diaries after six seasons on the show. Media speculation has been rife that the brunette stunner quit because of mounting tension between her and ex-boyfriend/ co-star lan Somerhalder. Nina is now said to be pursuing a career in film.



#### Jessica Biel gave birth

Bringing to an end what seemed like a pregnancy as long as Mila Kunis', Jessica Biel finally welcomed her and Justin Timberlake's son, Silas Randall, into the world on April 11. According to the couple's rep, mom and baby are doing well – and dad is "ecstatic".





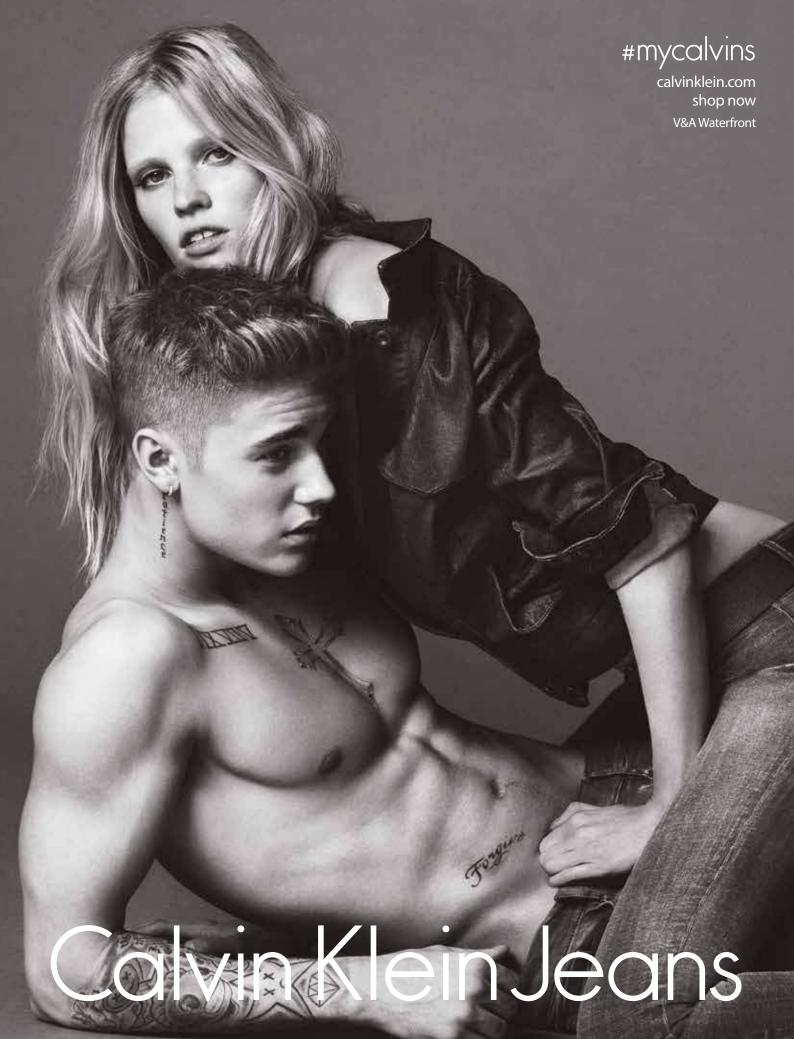
#### HILLARY CLINTON REVEALED HER PRESIDENCY PLANS

Hillary Clinton confirmed that she would be seeking the presidency for a second time, immediately establishing herself as the likely 2016 Democratic nominee. In a video posted on YouTube, she said with a coy smile, "I'm running for president."



Words: Sonja Raath. Sources: News24.com; Enca.co.za; Celebdirtylaundry.com; Dailymail.co.uk; Newzimbabwe.com; Washingtonpost.com; Channel24.com; Nytimes.com; Cba.ca. Pictures: Gallo Images/Getty Images.

After a video surfaced showing him fatally shooting a black man in the back, US police officer Michael T. Slager was charged with murder. In his defence, Michael said he had feared for his life because Walter L. Scott had taken out his stun gun in a scuffle at a traffic stop. However, the footage shows the officer firing eight times while an unarmed Walter tried to flee. The shooting came on the heels of high-profile instances of white police officers using lethal force on black male suspects in New York, Cleveland and Ferguson.





# Voe is r

Sam Wilson-Späth remains unconvinced that the #HFLC lifestyle is for her...

Crazy celeb diets - don't try these at home!

Jennifer Aniston Breakfast: the most important meal of the day? Well, Jen insists on guzzling lemon water... and nothing else before noon.



Beyoncé Before each of her tours, Bey sticks to an insane diet, with solids replaced by maple syrup for two weeks.

Nicole Kidman When she needs to lose weight fast, the Aussie has one hard-boiled egg for breakfast, and three for dinner. What the...?



IT'S A DIFFICULT TIME for dietitians. Never before have so many clients been so confused over so many food decisions diametrically opposed decisions.

I applaud Tim Noakes, I really do. It takes a lot to do a complete about-face, stand up to the entire diet industry and, despite being ridiculed, stick to your guns while more and more people come out in support of what at first seemed like a ridiculous eating plan.

Because now, wherever you go, someone is Banting. I was in a restaurant with a friend the other day, and she asked for a toasted tuna mayo sandwich... without the bread.

"Now, that's just mean," I said, after the bemused waitress had left.

"It's just the bread," she said huffily. "It's not such a big deal."

I suspected the kitchen was going to feel otherwise, and I was right – given the way the waitress slammed down a sad sideplate of mush a suspiciously long time later, with nary a garnish in sight.

I'm not knocking it. So many people I know have lost weight or claim to feel heaps healthier - all from cutting carbs and replacing them with great wodges of bacon and the like.

But it just feels so... wrong. High fat? I've tried a lot of diets in my time, but if

there's one thing that every fibre of my being says is not a diet food, it's bacon.

How do you unlearn something like that?

Then there are the factions of #HFLC (yes, that's how "high-fat, low-carb" meal pics are tagged all over the instasphere). I made the mistake of confusing Banting and paleo in a chat with diet diehards recently.

"Good grief, Sam, where've you been?" one woman admonished, while chewing on a hunk of biltong. "You can have dairy on Banting. And the rules are altogether different for fruit. You can't compare them."

Well, I need to tell you HFLCers something: you may know that, but for the rest of us, trying to cook for you, there is very little difference.

I have got much better, though. I got a slicer thing from Yuppiechef that makes zoodles or courgettini (fake spaghetti from courgettes, for those of you not in the know). I also have discovered Woolies cauliflower rice.

In fact, I thought I had this whole craze sorted, until I threw a dinner party and someone arrived saying: "Oh, I can't eat. I'm doing 5:2. You know - you don't eat two days a week?"

It never ends, does it?

Pictures: Gallo Images/Getty Images; Shutterstock

#### INTRODUCING 501° CT JEANS.

CUSTOMISED AND TAPERED BY US. INSPIRED BY YOU.

IVE IN Levi's

501° CT JEAN

**WORN BY HAIM** 

## CHART O



#### Avril Lavigne

The singer finally explained why she's been in hiding for months – and it's not because her marriage to rocker Chad Kroeger is in trouble... She's got Lyme disease.



...and Dianna Agron. New couple alert! The twosome are apparently a thing after Nick wooed the *Glee* star with pub quiz dates at his local.

#### 2 NEW IN Lottie Moss

The last time we looked, Kate's sister was a cute tween. Flashforward to today. and the 17 year old is walking in her famous big sister's boho footsteps.

#### 5 UP **Amal** Clooney

Proving that she's no one-trick pony when it comes to style, Mrs Clooney ditched her power suits for a biker chick look while visiting hubby George on set in New York.



#### 3 NON-MOVER **Emma**

Stone

Two days after revealing she and Andrew Garfield had called it quits, Ems was spotted having a belly laugh. Seems she's doing okay, then?



#### **NEW IN** Frances Bean Cobain

The daughter of the late Kurt admitted this week that she's never really been a fan of Nirvana's music.

#### 7 UP Scott **Eastwood**

As if being gorgeous and Clint's son weren't enough, now Scott has revealed he's sensitive as hell too, saying he cries every time he watches The Notebook. Scott? Call us.



#### 8 DOWN Idris Elba

The Brit actor bragged that directors give him time off to DJ parties in whichever city he's filming. "They like to have a happy actor," he said. Not holding up production, Idris?



#### 9 UP Lea Michele

We may have been guilty of thinking the actress would never do much after Glee. but turns out she's starring opposite Kate Upton in the upcoming movie The Layover.



#### IO UP Anne Hathaway We're obsessed

with Lip Sync Battle (haven't seen it? YouTube it!) – and Anne's rendition of Miley's Wrecking Ball is our fave yet.



Nords: Kerrie Simon-Lawrence. Pictures: Greatstock/SplashNews; Gallo Images/Getty Images; Instagram.com

## 501°CT WEAR 3 WAYS

Levi's has customised its original 501® fit to better suit you – wear them slim, classic or relaxed

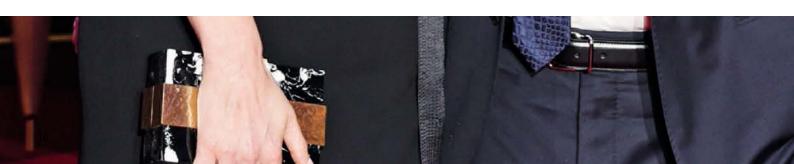
**WORN BY EVERYONE** – including presidents, movie stars, musicians and fashionistas – Levi's 501® jeans is the ultimate American fashion icon of the 20th century. And over the years, savvy wearers have adapted their favourite original straight-fit jeans to personalise them – think patched, shredded, cropped or tapered.

Inspired by these custom alterations, Levi's decided to do the work for you and craft the perfect tapered leg. Cue the all-new Levi's 501® CT (Customised & Tapered) jeans that can be worn three ways: down-sized, true-to-size or up-sized. How will you wear yours?





## MARRYING A MONSTER?



Charlize Theron and Sean Penn are reportedly engaged and set to walk down the aisle later this year. But given their individual violent pasts, those close to the South African-born beauty fear that history may repeat itself...

WHEN CHARLIZE, 39, AND SEAN, 54, started dating in early 2014, many thought they were a surprising match. But a year later – and despite rumours of infidelity and heated tension between them – they are apparently engaged after the actor reportedly popped the question in Paris at the end of 2014.

But now that Charlize and Sean are planning on spending the rest of their lives together, questions have been raised about why the Benoni-born beauty would choose a man who is said to share traits with her late abusive father. Now, those close to the stars tell *Grazia* why they're worried that Sean's notorious bad temper may get the better of him...

#### A HISTORY OF VIOLENCE

It's no secret that Charlize comes from a broken home. When the star was 15 years old, her mother, Gerda, killed her abusive father, Charles, when he drunkenly attacked her.

On June 21 1991, Charlize's dad and uncle came home after a night of drinking. Her aunt called to warn about Charles' agitation. "Nature gives you instinct. And I knew something bad was going to happen," Charlize said.

According to Gerda's testimony, when Charles arrived home with his brother, he began firing his gun – first at the locked gate to the home, then through the kitchen door. He then began banging angrily on Charlize's bedroom door, allegedly saying, "Tonight I'm going to kill you both with the shotgun."

After the threat, Charlize's father fired his gun again – this time into her room. Her

mother grabbed her own handgun and shot the two men, killing her husband and wounding his brother.

Even though her mother had killed her father, Charlize has always come out in support of her mom's actions that night. "I know what happened," she said. "And I know that if my daughter were in the same situation, I would do the same thing."

More recently, in light of her new film *Dark Places*, in which she plays a woman who saw her mother and sisters killed in a horrific massacre when she was just eight years old, Charlize has opened up about the incident again.

She told French television network TF1 last week: "I did experience a very traumatic event in my life. And somehow it's formed me. My character goes through this ordeal when she's eight years old, and it really is examining what trauma does to a child, especially when she's expected to speak about it. And that's definitely something I can relate to, that's definitely something I've experienced in my life. As far as events go, they're very similar. There's a murder [in the film], while my situation was a very unfortunate incident with self-defence."

Of the night her father lost his life, Charlize added: "I think, for me, it took a long time to sink in, because you just don't think stuff like that will ever happen to you. You always think it happens to somebody else."

Considering the nature of abuse Charlize faced from her father [she claims that he was only verbally abusive and never laid a hand on her], it's hard not to wonder why she chose to start a relationship with Sean in the first place, given his own violent past and known history of public outbursts.

#### **KNOWN ABUSER**

While many don't always remember it, Sean's treatment of ex-wife Madonna is chilling. The pair married in 1985 and had one of the most disturbing and volatile marriages Hollywood had ever seen.

The first public altercation between the

Sean Penn and Charlize
Theron (main pic) are
apparently going to walk
down the aisle, but many
are questioning their
decision because of their
individual violent pasts.
Charlize's mother, Gerda
Theron, killed her father,
Charles Theron, in 1991
after he came home drunk
and threatened his family
(right, pictured together)



'Charlize believes that she can change him and that she brings out the best in him'

stint in jail for attacking a film extra.

The most disturbing fight came

in 1988, when Sean flew into a rage

over Madonna's supposed affair with

Warren Beatty, which reportedly led

into Madonna's Malibu home where

grabbed her, tied her to a chair and

After getting drunk, Sean sneaked

to the end of their marriage.

she was staying alone. He then

couple was in 1986, when they got into a heated fight at a nightclub in Manhattan. According to eyewitnesses, a clearly inebriated Sean shoved Madge against a wall, slurring abuse at her. Apparently Sean was accusing Madonna of cheating on him as she was still in touch with her old friends and lovers.

On other occasions, Sean apparently stalked Madonna's ex-boyfriend Bobby Martinez and allegedly beat up her friend songwriter David Wolinski, after he hugged her outside another nightclub.

In 1987, Madonna was admitted to the Cedars-Sinai hospital for an X-ray after Sean apparently hit her across the head with a baseball bat. It was said that she didn't press charges at the time because Sean was already up to serve a

abused her, both physically and emotionally, for hours.

He then went out to buy more alcohol, came back and carried on beating her up. Madonna only escaped when Sean untied her after she agreed to perform a degrading sex act on him. She fled the house and ran to her car. Fifteen minutes later, she staggered into the sheriff's office.

Sean was arrested and pleaded guilty, but the charges were later dropped because Madonna didn't want to generate a media circus. And even though the incident did become public knowledge, it hasn't marred his career in any way.

#### BLINDED BY LOVE

Even though Sean's temperamental behaviour (including with his exwife Robin Wright) is no secret, Charlize still chooses to be with him. Those close to the star have said it's because she's completely blinded by love, especially since, as she once said herself, she didn't believe true love could happen to her.

One concerned friend said, "Charlize says this is the single most important relationship she's ever had, and she never wants it to end. Sean has tried to be on his best behaviour since he started dating her, but age hasn't mellowed him. He's a ticking time bomb – you never know when he's going to go off."

Apparently, Charlize's friends keep telling her to speak to Sean's ex-wives about what it's like being married to him before she takes the leap, but the star is too smitten to take their advice.

"It's obvious to everyone that Charlize is going to marry a man who's just like her father," said one friend. "Often, victims of abuse choose partners similar to their abusers and, to us, Sean is behaving just like Charlize's dad did. He's jealous, possessive and has issues with alcohol. We're really worried about how this is going to end."

And it's not like the warning signs haven't been there. As Grazia has reported, Sean and Charlize's relationship has been anything but smooth sailing. While filming The Last Face together in South Africa, the pair allegedly clashed constantly.

A source at the time revealed: "Sean is a perfectionist and has been very critical of her acting - it's driving her insane. Charlize has said she feels like nothing she does is good enough for him on this film. He constantly has her redo her scenes, critiquing how she delivers her lines or saying she isn't bringing enough passion."

There have also been rumours that he hasn't been completely faithful to her - he reportedly acted inappropriately with one of Charlize's stunt-doubles on set.

However, it doesn't seem that anything will deter her from marrying Sean who, she's convinced, will be the perfect husband and the ideal father to her adopted three-year-old son, Jackson.

"Charlize believes that she can change Sean and that she brings out the best in him," said another insider. "She's a strong woman and won't put up with any shit – it's what Sean loves about her. But it's also the thing we're most worried about. When those two personalities explode, there are bound to be casualties..." ■

Words: Sonja Raath. Sources: Usmagazine.com; People.com; Survivorsucks.yuku.com; Cracked.com; Designntrend.com. Pictures: Gallo Images/Getty Images; Greatstock/SplashNews.



DESIGNER ACCESSORIES AVAILABLE EXCLUSIVELY AT HYDE PARK, SANDTON CITY, V&A WATERFRONT AND SELECTED WOOLWORTHS STORES

MIMCO.CO.ZA #MIMCO



We asked South African bloggers why they love our new denim fits. This is what they had to say....

#loveGUESS #GUESSSouthAfrica

## fancypants

661 probably couldn't have found a more perfect-fitting pair of denim if I tried. 22

Amy Scheepers



tight, yet super comfy at the same time, and are the perfect ankle grazing length which is where most jeans fail in my opinion, making them my ultimate go-to's right now.



POWER SKINNY - You haven't felt the comfort of denim until you've tried the #GUESSSouthAfrica Power Skinny.

Perfect for non-stop city life to curling up on the couch at night with my puppy and a movie. They're easily the best jeans I've owned - truly jeans that you can live in.

GUESS denim fits avaiable at GUESS stores nationwide. While stocks last.

SUPER SKINNY - When it comes to jeans I am very particular not only because of quality but the fit is so important to me. I really like the super skinny because it fits really well but also gives me amazing leg room.



66 Black Skinnys are a must-have fashion item this season because they can be paired with anything. ??

Siya Beyila



**SKINNY** - As an urban explorer comfort is so important for me especially when I am on the move. These jeans give me just that.

What I like about these jeans is that I can dress them up or dress them down. I've paired them with some sneakers and a cool bomber.

GUESS denim fits avaiable at GUESS stores nationwide. While stocks last.



Photographer: Alessio La Ruffa









Cinzia Muller (above) says she saw the ex-One Direction singer Zayn Malik cheating on his fiancée, Perrie Edwards (top) **DESPITE ZAYN MALIK** denying that he's ever cheated on his fiancée, Perrie Edwards from the girl group Little Mix – he even quit One Direction to "prove" his loyalty to her – rumours of infidelity are still dogging the couple. Now there are allegations that the crooner hooked up with a fourth girl, while partying in Thailand.

Ever since it surfaced that Zayn reportedly cheated on Perrie while partying in Phuket and Bangkok last month, the 22-year-old has been a man on a mission trying to prove his love to his 21-year-old fiancée.

We can reveal that while Zayn has been trying to prove his loyalty

following months of infidelity allegations (the first being a 2013 claim from a waitress that the singer slept with her), yet another cheating claim has emerged from Cinzia Muller, 18, from Amsterdam, who says that she witnessed Zayn kissing a girl in Levels nightclub in Thailand around the middle of March.

"I was really shocked," said Cinzia. "Other people in the club could see them, but they didn't care."

Cinzia says she spotted One Direction hanging out at the pool at the hotel where she was staying. According to the teen, their bodyguard approached her and her

#### 10 <mark>HOT</mark> STORIES

friends and asked them if they wanted to go clubbing with the boys.

Cinzia said, "We went to the club's VIP section, and Louis [Tomlinson, who had broken up with girlfriend Eleanor Calder a week before] was like, 'Do you want a shot?' I was partying with Louis and Zayn. And, after half an hour, Liam [Payne] turned up too."

It's then that Cinzia claims she saw Zayn making out with a fellow party-goer. "Louis started kissing a girl first, then Zayn started kissing another one," she said. "The bodyguards seemed to be trying to shield them."

She also claims that Zayn and Louis left the club with the girls, then came back without them after about an hour. Then the boys asked Cinzia and her friend to go back to their hotel for an afterparty. "We left the club at 4am," Cinzia recalled. "We were drinking in the lobby, then went up to a hotel room to drink – just me, a friend, Louis and Zayn. Zayn never mentioned Perrie at all."

While they did chat for hours, Cinzia says there was no flirting between her and Zayn. "We were talking about normal things, like where we'd been travelling and what music they listen to," she said. "That's why I was shocked to see pictures of Zayn and Perrie in France."

As *Grazia* has reported, Zayn was accused of cheating on Perrie when he was pictured holding hands with fan Lauren Richardson in Phuket. Shortly after, Swedish model Martina Olsson claimed she had slept with Zayn at the band's luxury villa – the same one he allegedly took Lauren to – after meeting him at Seduction nightclub.

In light of all these damning allegations, it's hard to understand why Perrie is still with the muso. A friend of Perrie's shed some light on the situation: "Zayn warned Perrie that in Thailand the band was swarmed by women who were going to make up stories about him. Perrie knows that women throw themselves at 1D members, but Zayn swore – getting down on his knees and crying – that he was never unfaithful. He said, 'If you don't believe me, don't marry me."

A second source added, "He told Perrie he was lonely without her on tour, and that made her feel guilty. Zayn also asked his mom to try and talk Perrie into staying with him. During the cheating claims, his mom, Trisha, spoke to Perrie every day to help 'prove' her son was genuine. Without Trisha, it may have been a lot harder for Perrie to deal with the allegations." While Perrie's

been putting on a brave face in public, insiders said she is concerned more women will come forward.

"She trusts Zayn but worries people will think she's an idiot for staying," said the source. "She's so close to his mom and sisters; if she splits up with him, she'd be losing her whole 'second family'."

With all the evidence that Zayn probably did cheat, it's hard not to wonder if the Little Mix songbird is making a massive mistake marrying him. Because, as they say, a cheater never changes his spots.

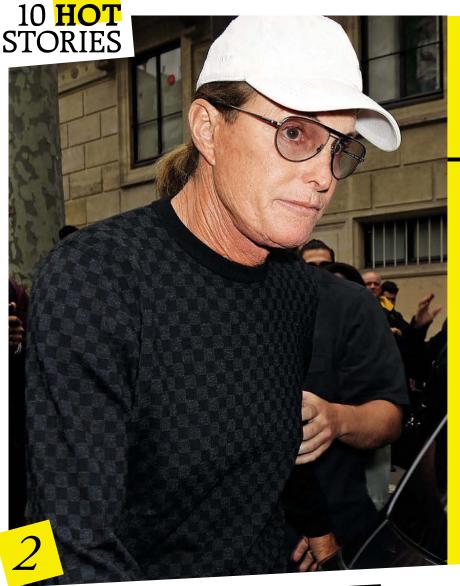
Zayn allegedly cheated on Perrie with three women in the past (below). Now there are claims that he's done it a fourth time











## BRUCE'S NEXT STEPS REVEA

Bruce Jenner (above) is apparently set to reveal all the details of his gender transitioning in an interview with Diane Sawyer (above right and below) on ABC. Bruce's ex-wife Kris Jenner (above far right) reportedly declined to comment on his transition



#### SHE'S BEEN CALLED THE QUEEN of

the "Big Get" and her career is studded with interviews she's done with disgraced celebrities, reluctant politicians and the world's most villainous men.

But - at least as far as showbiz goes this could be veteran newswoman Diane Sawyer's biggest "get" yet: a sit-down with Bruce Jenner as he talks about transitioning from male to female.

In the run-up to the big reveal on April 24, ABC - the network that landed the scoop - released a 15-second teaser that did what it intended: tantalised the millions of people expected to tune in.

"The interview, the journey, the decisions, the future," the voice-over says.





You don't see Bruce - he's a head-andshoulders figure from behind - but you do see Diane, blonde, groomed and looking nowhere near her 69 years.

So why did Bruce choose Diane and not E! Entertainment or Oprah Winfrey? The answer, it seems, is simple: he chose Diane because she is supportive of the lesbian, gay, bisexual and transgender (LGBT) community.

Bruce regards the two-hour show as "a farewell to himself", sources said. Although he will present himself as a woman, he will not be dressed as one and will not reveal his female name.

"Bruce sees the interview as the most significant event associated with his sex change," an insider revealed. "More significant than the surgical procedures that will get him there."

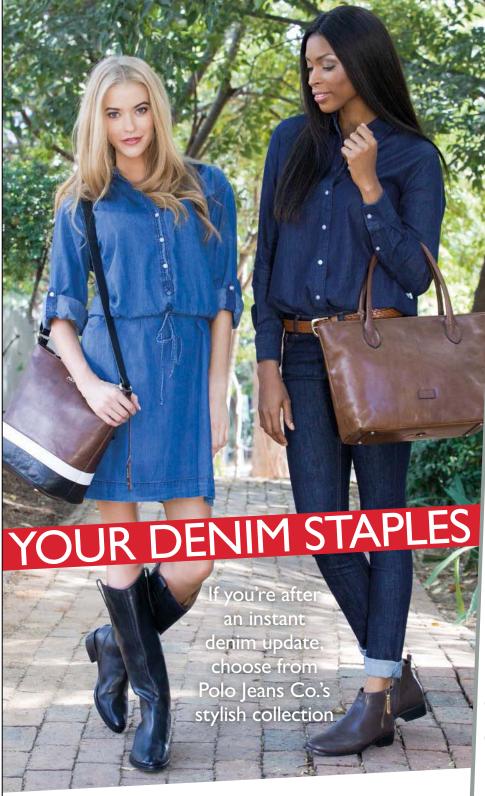
The father of six will tell how he started feeling uncomfortable in his body from the age of five. He also shares about the impact his decision has on his family. But the most compelling part will be when he talks about things that affect his day-to-day living as he transitions.

Bruce has already had his Adam's apple shaved, his nose refined into a more feminine shape and allegedly had breast augmentation surgery.

Kim, Kourtney and Khloé Kardashian have come out in support of their stepdad's transition, but they declined to go on ABC's show, as did ex-wife Kris Jenner. Sources suggest that perhaps it was Bruce who made the decision, opting to have the show serious and respectful. Bruce's three sons from previous marriages - Burt, Brody and Brandon - talk to Diane. ■

#### DIANE'S OTHER 'BIG GETS'

- Interview highlights of her career:
   Saddam Hussein in 1990: his first Western TV interview in a decade.
- Bill and Hillary Clinton at home after he was elected president in 1992.
- · Michael Jackson and his then-wife Lisa Marie Presley in 1993: Michael's first interview since facing child molestation accusations.
- George W. Bush shortly after Saddam Hussein had been captured.



**YOUR WARDROBE** is not complete without a few essential denim items – and Polo Jeans Co. has you covered this season with their classic selection of jeans, dresses and shirts that are relaxed, easy to wear, can be dressed up or down and are perfect for layering for the cold months ahead. Wear a loose-

fitting blue denim dress with a pair of black boots and an oversized handbag. Or opt for this season's hot trend of wearing denim on denim, by pairing dark-wash skinny jeans with a button-up dark-wash denim shirt. Finish off the look with a statement belt, ankle boots and a leather handbag. Visit Polo.co.za



**THREE WEEKS** after he was busted getting a little bit too handsy with his best friend's girlfriend in Cabo, Mexico, Patrick Schwarzenegger has once again been spotted partying it up without his girlfriend, Miley Cyrus.

Like almost every other celeb, Patrick has been making the most of his time behind the VIP rope during the first weekend of Coachella in Indio, California, while Miley let the world know she was chilling back home in LA, working on the follow-up to her 2013 hit album, *Bangerz*, and experimenting with Band-Aids as nipple pasties, revealing all with a post on Instagram saying, "Dat day all yo fwends are at coachella still tweakin & u juzzz at home cuddlin yo pups in zit cream and nipple pasties #iliterallywokeuplikedis."

But while Miley has been hanging out in the studio with a rumoured ex, producer Mike Will Made It, according to insiders, she hasn't exactly given Patrick, 21, a free pass in Indio.

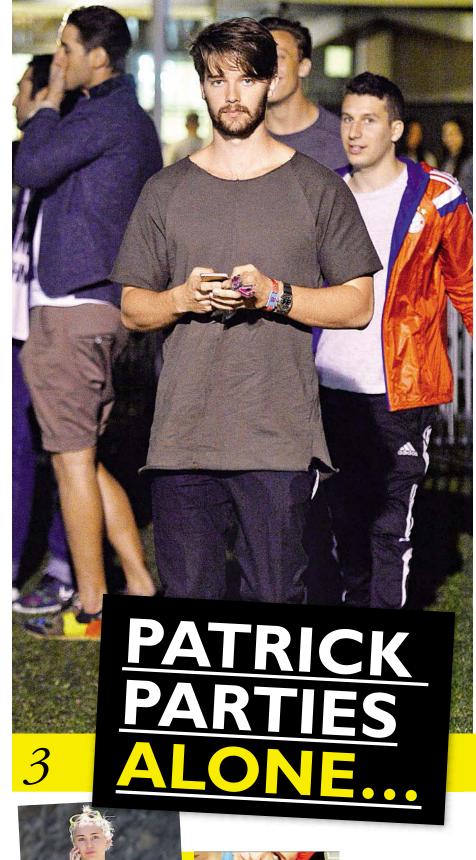
In fact, this might just be the couple's latest make-or-break test to regain the trust lost in Cabo. Miley, 22, is rumoured to have asked her pals to keep a beady eye on him for her – especially as Patrick is thought to have a secret phone strictly for booty calls. A source revealed, "All Patrick's friends thought he and Miley had an open relationship because of his hook-ups with other women when she's not around. He has a second cell phone, which he keeps secret from Miley, with numbers of girls he can call any time he wants a booty call."

Another insider added, "It's like he's addicted to playing the field, despite all the promises he's made to Miley."

With Coachella a mere two hours from LA, it wouldn't take much for Miley to get there at the first sign of any shady behaviour from Patrick.

Before it all hit the fan for the pair almost a month ago, Patrick and Miley were reportedly discussing everything from marriage to babies. But after he was caught in Cabo, Patrick apparently worked overtime to save their relationship, a source revealed, saying, "He was devastated when he thought she was going to dump him and really brought out the big guns to win her back. He bought her over 100 roses in assorted colours, he took her to a number of amazing, romantic dinners and poured his heart out in a series of long emotional emails."

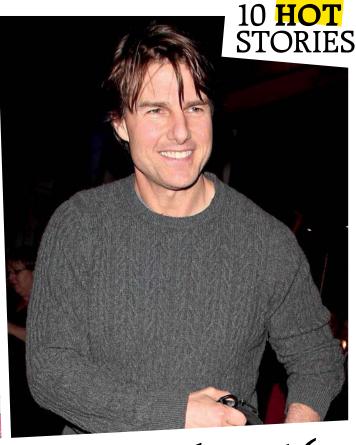
Now that he's been given a second chance, it seems as far as Miley's concerned, Patrick better not blow it. ■



Miley Cyrus's friends apparently kept an eye on Patrick Schwarzenegger at Coachella (above) while she spent the weekend at home (left) Dailymail.co.uk. Pictures: Gallo Images/Getty Images; Elitephotoagency.com

Guinevere Davies. Sources: Hollywoodlife.com; Radaronline.com;





## Tom won't see Suri until 2016





Tom Cruise (top right, middle with daughter Suri Cruise on July 17 2012) has reportedly distanced himself from his daughter and ex Katie Holmes (above) because they rejected the Church of Scientology

**THIS WEEK, SURI CRUISE** will turn nine. But there will be one family member absent at her birthday: her father, Tom Cruise.

According to recent reports, Tom hasn't seen his daughter in over a year. While Tom's rep previously denied this, saying Tom sees Suri often, sources close to Tom say he's not been a part of her life ever since the divorce from Katie Holmes.

The last publicly documented time Tom saw Suri was in November 2012 in London – two years ago – but apparently Tom spent most of the time filming *Edge Of Tomorrow*. According to insiders, they had a private catch-up a year ago but have had zero contact since. "The encounter was brief, with Tom and Suri spending just a few hours together," said a source close to Katie. "They also never talk on the phone. Right now, Tom is completely estranged from his daughter."

And it seems Tom has no intention of seeing little Suri any time soon. The actor said he wasn't able to see his daughter because he was shooting *Mission Impossible 5* in London. But when filming wrapped last month, he was off work for two weeks and still didn't see her. Now he's started shooting his new film, *Mena*, in Atlanta, USA – across the country from LA, where Suri lives with her mother, Katie.

"Tom will be shooting in Atlanta for nine weeks," said an industry insider. "But after that, he's planning to relocate to the UK where he'll

be working on a new project that's currently top secret. He plans on being there for the next nine months, meaning he has no plans to see Suri until 2016 – if that."

According to other sources, Tom has even been selling his various properties in the US because "He's never there." Currently, Tom's Telluride estate is on the market for R767 million, and he just put his Hollywood Hills home on the block for R170 million.

And while it seems that Tom is choosing his career over spending time with his daughter, those close to the actor say the reason he's separating himself is far more sinister.

"Tom is distancing himself from Katie and Suri because they've been declared SPs [suppressive persons] by the Church of Scientology," revealed one insider. An SP could include people who disavow the church. Once someone is declared an SP, they're avoided by members of the church who are told not to associate with them. Katie's refusal to be a part of the church or raise Suri as a Scientologist means mother and daughter have apparently been completely blacklisted.

Has Tom really chosen his religion over his daughter? While this has yet to be confirmed, one family friend said: "Tom and Suri's relationship is completely shattered. When he finally wakes up and realises he wants to be a part of his daughter's life, it'll probably be too late..." ■

## 10 **HOT** STORIES







5



8

ANKLE BOOTS
Once a staple in the form of the Chelsea boot, ankle boots now come in a multitude of styles and colours – you won't be able to choose just one.

10





## SAY HELLO TO

#### WHILE YOU'RE STOCKING

up on staples for your winter wardrobe, take note of the big three in boots. Combat, ankle and over-the-knee boots – all of which were spotted on the A/W14 catwalks and sidewalks everywhere – are the must-have styles for the season. There's a colour and shape for everyone, so we'll be sticking our fingers in our ears if you tell us there isn't enough choice!





OVER-THE-KNEE BOOTS A favourite among the Hollywood A-listers, these are the ultimate boots for winter. Go for a neutral shade to get more wear out of them.









7

П







I. Nina Roche at Spitz, R4 295. **2.** Raphaella Booz, R3 399. **3.** Rage, R509. 4. Sam Star, RI 490. 5. Footwork at Graziadaily.co.za, R385. 6. Pretty Ballerinas, R3 710. 7. Charles & Keith, R979. 8. Mimco at Woolworths, R2 299. 9. Aigle, RI 330. 10. Foschini, R899. II. The Whitepepper at Asos.com, RI 600. 12. Jessica Simpson at Nordstrom.com, R3 450. **13.** Witchery at Woolworths, R2 240. 14. Aldo, RI 299. 15. Rage, R295. 16. Dune London at Edgars, R2 799. **17.** Dr. Martens, RI 399. 18. Urban Art at Graziadaily.co.za, R599. 19. Footwork at Graziadaily.co.za, R455.

#### NTER B O O 1







COMBAT BOOTS Most recently spotted on the Calvin Klein runway, combats are your comfy go-to shoe. Wear them a structured coat for maximum effect.







#### HER LAS VEGAS RESIDENCY at

Caesar's Palace – which will bring in a cool R300 million – is all set to start on May 6. But, according to insiders, Mariah Carey is nowhere near ready to take to the stage.

While her entire team has been at work making sure the props, costumes and backing dancers are all on point, Mariah has been blowing off crucial rehearsal time in favour of partying with an old Hollywood pal, director Brett Ratner – rumoured to be her BF – and going on holiday to St Barts.

Now hopelessly underprepared, Mariah apparently told her crew that she'd prefer to lip sync while they scramble to re-adjust the costumes that still don't seem to fit...

"The whole project is a total disaster," an insider revealed. "Mariah is completely unmanageable. She is adrift and doesn't even seem to care. It's no surprise that [Mariah's publicist] Cindi [Berger] just handed in her resignation."

Cindi helped guide Mariah through her messy split from husband Nick Cannon in October last year. She also attempted to pick up the pieces of a major PR fall-out when Mariah left her fans waiting in the snow and rain outside Rockefeller Center in New York



Mariah Carey has been partying in LA (left) with rumoured new boyfriend Brett Ratner (above). Ex-hubby Nick Cannon (below) is apparently writing a tell-all book about their life together

City for hours in December, before pulling a no-show.

"I care very deeply for her personally," Cindi explained when asked about her decision to part ways with Mariah, "but I felt that professionally it was time for us to move on."

As of now, Mariah, 45, has reportedly assembled a new dream team to do damage control. Chris Chambers – who reps artists including Lil' Wayne, Drake and Quvenzhane Wallis – will be in charge of her publicity while Hollywood hot-shots

Brian Sher and Stella Bulochnikov have been hired as co-managers.

Despite this, many suspect that Mariah won't curb her rumoured rampant champagne and drug dependencies in time to hit the Vegas stage.

And this is not something new. According to insiders, ex-hubby Nick, 34, writes about Mariah's addictions in his tell-all

book about their seven-year marriage for publishers Simon & Schuster.

"Nick says he is going to tell the world about Mariah's drug use, her strange eating habits, psychosis, what she has said about other artists, her sexual proclivities and her parenting skills," a source revealed. Nick denied he was writing the book, but the publishers confirmed he's signed a deal.

It looks like it's Las Vegas or bust for Mariah right now.  $\blacksquare$ 

## CAMO QUEEN

#### **CAMOUFLAGE MAY HAVE** its roots

in blending in or going unnoticed, but on the fashion battlefield, it's all about standing out. For Gwen Stefani, the high priestess of fashion, this is definitely a must-have print! If you're a bit cautious, how about pairing camo with a denim shirt or investing in a coloured camo piece for winter? If you're feeling bold, by all means go head-to-toe camo – just avoid the face paint, okay?









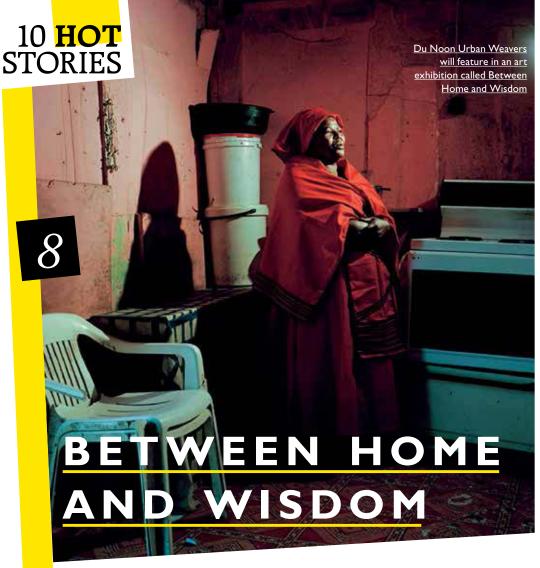


















#### THE TOWNSHIP OF DU NOON,

home to 30 000 residents, exists on the outskirts of Cape Town. And it's here that you'll find the country's first urban weaving group, Du Noon Urban Weavers.

For the past two years, this group of 24 Xhosa artisans – some of whom are also sangomas – has been crafting baskets using natural materials, recycled plastic and traditional Xhosa twining techniques.

Their latest collaboration with Cape Town jewellery designer Katherine-Mary Pichulik of Pichulik has resulted in a range of woven bags that combines the traditional twining technique with Katherine's signature rope detailing. "We are cultivating a sustainable value chain with skills development and employment," explains Katherine.

It was while tagging along with Katherine to Du Noon that Italian fine-art photographer Tommaso Fiscaletti was inspired to pick up his camera and document the daily lives of the women in the group, particularly the sangomas. "Seeing the women conduct their daily tasks while acting as conduits of ancestral wisdom was both

humbling and illuminating," he explains.

Tommaso's portraits attempt to capture the duality of their

lives as sangomas – which sets them apart as healers guided by ancestors, rituals, traditional medicine and magic – and as wives and mothers in the larger community. "The reality of the place moves between the burden of the isolation of the sangomas and the importance of their relationship with one another and within their community," Tommaso says.

Out of this came the portrait series Between Home and Wisdom. To ensure the exhibition comes to life in Cape Town in June, Tommaso is raising the necessary funds by using crowdsourcing via Kickstarter.

The women, who earn an income from their involvement in the group, will receive a percentage of all the prints sold at the exhibition to help develop their community centre and work space. ■

You can do your part by making a donation at Tommaso's Kickstarter account at Kck.st/IPjC7Ns. A donation of R705 will put you in line to receive a signed copy of the limited edition book, and no matter how much you donate, your name will go into a draw to win a Pichulik neckpiece worth R2 500.

Words: Guinevere Davies. Sources: 10and5.com; Handeyemagazine.com; Facebook.com/Du.Noon.Urban.Weaving. Pictures: Supplied.



# Mischa: at war with her mom

BLOOD IS NOT THICKER THAN water for Mischa Barton – she's suing her "scheming" mother and former manager Nuala Barton for R300 million amid claims that she exploited *The O.C.* star's fame, bullied her, withheld earnings without her knowledge and threw her out of her own R93 million mansion.

The lawsuit documents state: "The tragic tale of a greedy stage mother posing as a talent manager who, instead of acting in the best interest of her daughter/client, schemed to defraud her unsuspecting victim."

Mischa claims that when she first started acting at age eight, she entered a verbal agreement with her mother, agreeing to pay her ten percent of her earnings as a management fee. According to Mischa, Nuala controlled her finances and allotted her a "sporadic" allowance. "Mischa was the bread and butter for her entire family," said a source. "But her mom was running the show."

According to the papers, it was in 2004 – when Mischa's fame exploded thanks to her role on *The O.C.* – that her relationship with her mom went awry.

In 2006, Nuala allegedly urged Mischa to buy a massive home in Beverly Hills and put her own name on the paperwork. Nuala and her husband, Paul (Mischa's father), now live in the mansion.

"Mischa is not welcome at the property," the court papers explain, adding that neither parent now works and that they instead "sit back, expecting their daughter's hard work and dedication to her craft to support their lifestyle".

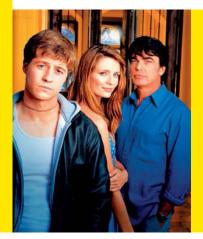
Additionally, Mischa claims in the suit that her mom used her name to create a handbag line and open a fashion boutique in London and kept all the profits from these ventures for herself.

The suit also contends that Nuala lied to Mischa about her earnings for the 2013 horror film *The Hoarder* and forged her daughter's signature on documents "so that she could pocket the difference".

The R300 million that Mischa is suing her mother for is three times what her mother allegedly withheld. The case is currently pending. ■







Mischa Barton
(main picture)
became famous
(and rich) when
she starred in
The O.C. (left), but
she's now suing
her mother and
former manager,
Nuala Barton (far
left, together)
for withholding
earnings, among
other claims

#### 10 <mark>HOT</mark> STORIES



Mimco at Woolworths, R699



Chicwish.com, R365







**Rage**, R320



Bohemian rhapsody

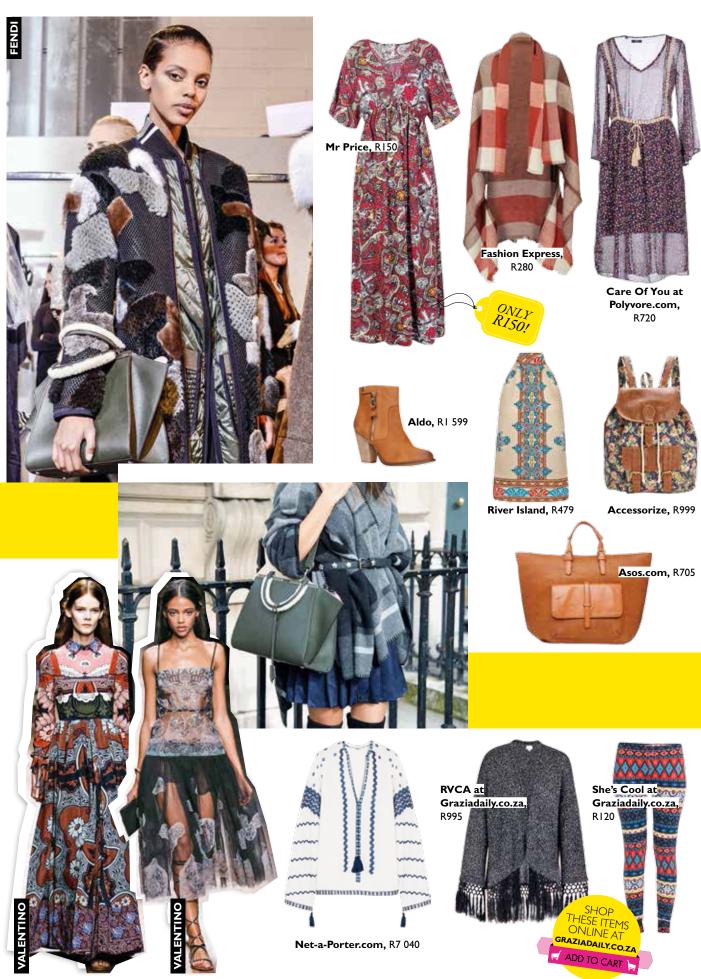
*10* 

IT'S SOMETIMES REFERRED TO as the festival trend, but when there are no festivals to don this trend at... we call it boho chic. Get into the bohemian vibe with neutral shades mixed with reds, greens and blues, and layer up your pieces. Invest in a blanket cape for the season, and wear it with tasselled jeans or a suede dress and boots. This trend is going to be huge, and you don't want to be left behind.









## STYLE HUNTER

This week Nelson Mandela Square in Sandton was a treasure trove of the most stylish and fabulous gals. We took note of their street-style wins







unexpected this winter and add a bright pop of colour.

#### GRAZIA FASHION

Invest in denim staples this season



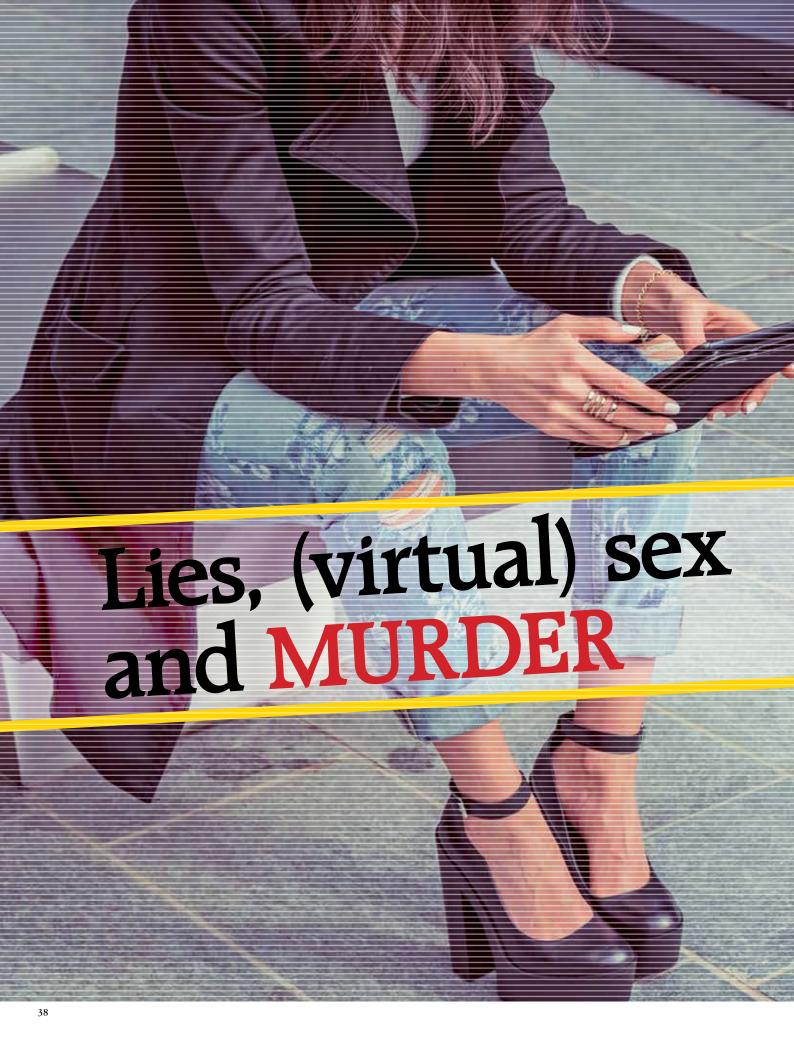
'I wear whatever suits my mood'

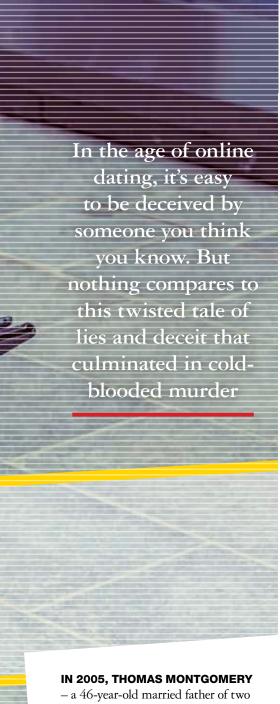




FOLLOW

@GRAZIASAMAG
ON TWITTER
TO FIND OUR
STREET STYLE
TEAM!





a 46-year-old married father of two from Buffalo, New York state – joined a teen chatroom on the popular game site Pogo. Using the handle MarineSniper, Thomas posed as a handsome young marine – and when 18-year-old Talhotblond started direct-messaging him, he was hooked.

In a recent interview, Thomas said, "I kept thinking, well, we're never going to meet. I'll just play the game with her."

Talhotblond told Thomas that her real name was Jessi and that she was a high school senior from West Virginia who loved playing softball. She sent him a series of photos that lived up to her screen name. "There were also some very provocative poses," he recalled.

In return, Jessi wanted to know what he looked like. So Thomas sent her a

30-year-old picture of himself taken when he was in marine boot camp.

Even though Thomas qualified as a sharpshooter while he was in the army, he never trained as a sniper or saw a battlefield. But for Jessi, he invented a younger, stronger version of himself called "Tommy", telling her that he was going to be deployed to Iraq. Thomas said, "Tommy was my height – 1.82m tall – had bright red hair, big shoulders, muscles and all that."

As both liked what they saw, Thomas and Jessi's flirtation soon became a full-blown virtual romance, with Thomas admitting that their relationship consumed him. "What I had with Jessi became more real to me than real life," he said. "We exchanged gifts, phone calls and love letters." In one note, Jessi wrote, "I love you always and forever Tommy."

Apparently, Thomas and Jessi engaged in virtual sex too, exchanging heated messages as well as X-rated pictures. "It made me feel kind of dirty, but I was in too deep. If I was smart, I would've just ended it, but it was like a drug that I needed every day," Thomas later explained.

However, one year after Thomas started his online affair with Jessi, his virtual fantasy world began to crash down around him when his wife, Cindy, discovered his messages to the teen.

After one of their daughters used Thomas' computer and alerted Cindy to the exchange, she went through his things, where she found love letters, photos and mementos from Jessi – including a pair of red panties.

Infuriated, Cindy decided to send Jessi a family picture as well as a letter. In it, she wrote, "Let me introduce you to these people. The man in the centre is Tom, my husband since 1989... He is 47 years old."

Thomas said that Jessi was horrified to find out that he was a married, middle-aged father and not an 18-year-old marine. "She sends me a text message and says she hates me and that I should be put in jail for this," said Thomas.

To see if Cindy's claims were true, Jessi contacted one of Thomas' coworkers listed on his Pogo friends list – 22-year-old part-time machinist and college student Brian Barrett.

After consoling Jessi online, using the handle Beefcake, Brian soon started a

virtual relationship of his own with Jessi.

GRAZIA NEWS REPORT

Forced to watch their romance blossom in the same chat room he used to frequent with Jessi, Thomas started becoming increasingly jealous. He sent threats to Jessi, one reading: "Brian will pay in blood."

As a means of payback, Jessi and Brian took to the internet to make sure everyone knew that Thomas was a liar. According to case prosecutor Ken Case, "They were going into these chat rooms and letting people know that he was actually 47 years old. They almost made him out to be a paedophile."

But direct messages recovered from Talhotblond's account showed Jessi was actually torn between Thomas and Brian. One minute, she'd be mad, and the next she'd start teasing Thomas, saying she still loved him.

"He was being accepted for being 47, and he still had this hot young girl who wanted him," said Barbara Schroeder, director of the documentary *Talhotblond*. However, Jessi soon started ignoring Thomas again, focusing all of her attention on Brian.

"This made Thomas fall apart," said district attorney on the case Frank Sedita. "The obsession turns into jealousy, and then the jealousy turns into betrayal and revenge. You really start to get a sense of this person going into an abyss. It's kind of frightening." And frightening it was.

The tipping point came when Brian decided he wanted to meet Jessi in person. "He actually drove down to North Carolina," said Ken. "And on his way back, he was saying, 'I'm going right past your house. I'd love to get together."

At the last minute, Jessi told him not to come over. But Thomas had already learnt that Brian was attempting to meet Jessi in person... And he was furious.

In September 2006, Brian was found dead in the parking lot at the Dynabrade factory where he worked after sustaining three bullet wounds from a .30 calibre rifle.

Police quickly learnt of the online love triangle from co-workers, and when they couldn't find Thomas, they feared he was heading to Jessi's house and that she would be next.

Captain Ron Kenyon said, "Our first concern was talking to Jessi and making sure she was still alive." But when police arrived at her house, they were

in for an enormous surprise.

A middle-aged woman called Mary Shieler opened the door, and as police questioned her, she revealed the shocking truth.

She told them that she was the one who had been sending messages to Thomas and Brian under the handle Talhotblond. The pictures she sent Thomas were actually those of her daughter, the real Jessi, who had no knowledge of her mother's cyber life.

Thomas was charged and later pleaded guilty to the murder of Brian. He's currently serving his 20-year sentence in Attica Correctional Facility in New York.

Prosecutors in the case tried to use anything they could to convict Mary for her role in Brian's death but concluded that while she may have crossed an ethical line, she never crossed a legal one.

"Shame on her – she not only didn't do anything about it, I think she provoked it," was Ken's response. "Unfortunately, in New York State, you have to do a little something more to be criminally liable."

But Mary didn't come away from the experience completely unscathed. Her husband divorced her when he learnt of her deception, and her daughter Jessi cut all ties too — moving in with relatives in another state.

Of her behaviour, Mary said: "It was stupid. It should never have happened. I just never thought it would go anywhere. I thought it would fizzle out and that would be the end of it all."

Mary also said she kept talking to Thomas after she found out he was using a fake identity because it kept him from talking to actual 18-year-olds. To date she has never apologised for her part in the tragedy. ■

#### What is a 'catfish'?

The term was inspired by the 2010 documentary *Catfish* that saw New York-based photographer Nev Shulman starting a virtual relationship with a young woman called Megan. After catching her out in a series of lies, Nev travelled across the country to her home, where he discovered that Megan was in fact a middle-aged, married mother of two called Angela. Since the documentary aired, the term "catfish" has commonly been used to describe internet predators



who fabricate online identities and entire social circles to trick people into emotional and romantic relationships.

#### Catfishing in SA

After a rough break-up, Joburg-based Sera\*, 26, was finally ready to start dating again. She joined online dating site Zoosk and struck up a friendship with Mario\* – a good-looking 27 year old from Kempton Park.

"I was taken by his pictures at first," Sera tells us. "But after we exchanged numbers and started chatting on WhatsApp, I realised we had a lot in common." After trying to meet him on several occasions – with Mario constantly blowing her off – he finally agreed to see her face-to-face.

"He cancelled 30 minutes before we were set to meet, blaming food poisoning," she says. "He said he felt bad that I was all dressed up, so I should come through to Kempton anyway to meet his best friend, because she'd be able to tell if we'd be a good match."

So Sera met 21-year-old Catie\*. "We got on straight away," says Sera. "I was trying to impress her because I knew that she'd tell Mario – and I really liked him and really wanted it to work."

Over the next couple of weeks – while Mario said he was in Cape Town on business – Catie and Sera became closer. Sera even spent weekends at Catie's family home.

When Mario blew Sera off again, she decided to distance herself. "Catie gave me a shoulder to cry on and helped me through it," she says. "She suggested I befriend three of her other guy friends on Facebook – I'd be 'perfect for them'."

Taking her advice, Sera struck up conversations with Jacob\*, Trevor\* and Chris\*. "Nothing really came of it," she says. "But we kept in touch for the next two years, speaking occasionally."

That was until both Trevor and Jacob upped the ante... "They both started messaging me simultaneously, saying how beautiful I was and how they wanted to meet me," says Sera. "I was more attracted to Trevor, so I told Jacob to message my friend Trish\* who was recently single. He did."

But Sera and Trish realised that something wasn't right when they compared messages between the two men. "They both spoke in a very similar way and said similar things to us both," Trish says. She was able to track Trevor and Jacob's IP addresses back to a single computer: Catie's!

Sera says, "I was horrified! For two years this sick girl has been messing with my life, creating fake profiles of men and using my vulnerability against me."

It turns out Mario, Trevor, Jacob and Chris were all made up by Catie, who stole men's pictures from US Facebook profiles to create fake accounts.

"I immediately confronted Catie's parents and told them she needs psychological help," says Sera. "They apologised and said they'd make sure she stayed away from me. But I know she'll do it again! I'll never sign up for online dating ever again. There are way too many creeps out there, and you never know whom you can trust. It's just not worth it."

#### How to spot a 'catfish'

Celebrity psychologist Dr Jeff Gardere says that there are always signs that you are being deceived online, with many victims usually choosing not to acknowledge them till it's too late. Here's what to look out for:

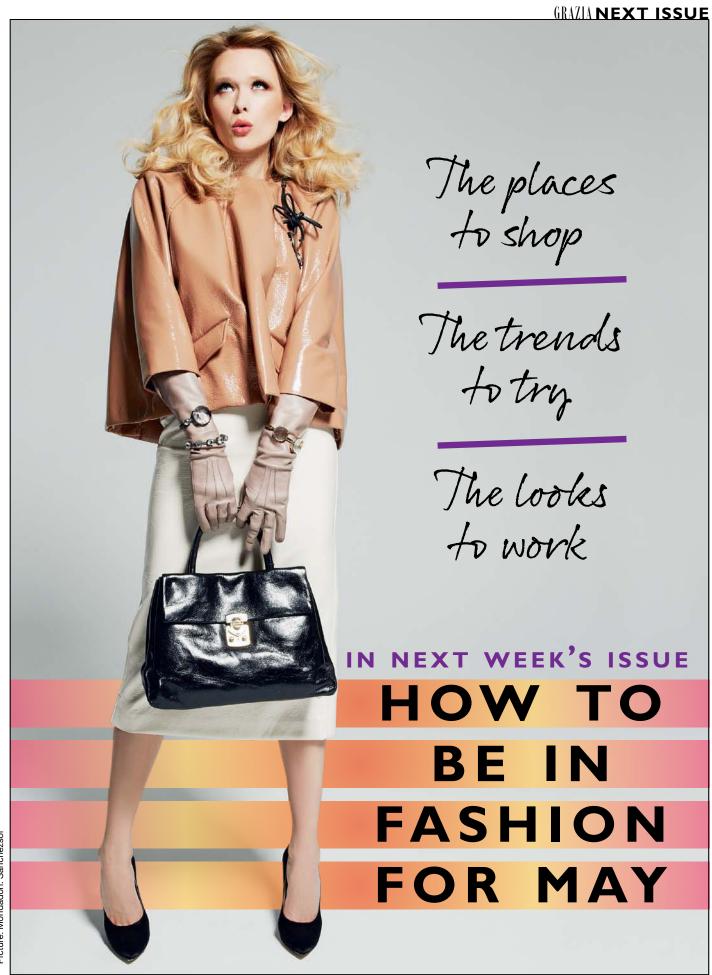
■ **Skype.** If they keep avoiding meeting you face-to-face or via Skype, beware.

Plausibility. If your gut tells you it's too good to be true, it probably is.

■ Phone calls. Do they avoid your calls? If so, ask yourself why. They could already be in a relationship, or they could be older than you think they are.

■ Facebook. Google-search the photos that they've uploaded and research their friends. Take note if his friends are sparse or if there aren't any group photos.

Words: Sonja Raath, Sources: Psychologytoday.com; Abcnews. go.com; Ebony.com; Thedailybeast.com; Catierhodes.com. Pictures: Shutterstock; Facebook.com; supplied. \*Names were changed.



## A CHAT WITH...

# The queen of cool talks about staying in shape, how she chills... and finally spills on those Leo DiCaprio rumours!

# YOU'VE BEEN LABELLED ONE OF THE WORLD'S MOST BEAUTIFUL WOMEN...

That is all down to my make-up artist. I can't take any credit for it. But I feel like my image evolves as I evolve as a woman — with growth comes change. My style is a reflection of my mood as well as of my attitude, of where I'm at in my life, and you can see how it's developed since the beginning of my career just from my music videos.

#### **HOW DO YOU STAY IN SHAPE?**

Now that I have a new album out, it means it's video time again, so it's time to get fit and tight. I eat tons of macaroni and cheese, I really do. And I hate vegetables, but I'm learning to incorporate them, one by one, into my diet.

## YOU'VE BEEN AT THE TOP OF YOUR GAME FOR A WHILE NOW. HOW DO YOU STAY THERE?

What is the top? If you ever feel that you're at the top, you only have down to go. And I don't ever want to feel comfortable enough to say that.

#### WHAT DO YOU LIKE TO DO IN YOUR DOWNTIME?

When I'm at home, I'm actually pretty boring. I just lie around on the couch and watch TV...

#### WE HAVE TO ASK ABOUT THOSE RUMOURS OF YOU AND LEONARDO DICAPRIO... IS THERE ANY TRUTH TO THEM?

Stay off the celebrity blogs, people! They will screw you every time.

#### HOW ABOUT SETTLING DOWN AND GETTING MARRIED ONE DAY?

It would have to be someone very special and definitely someone who could tolerate my schedule! Someone man enough to do that and not get scared because I don't have a lot of time to offer.

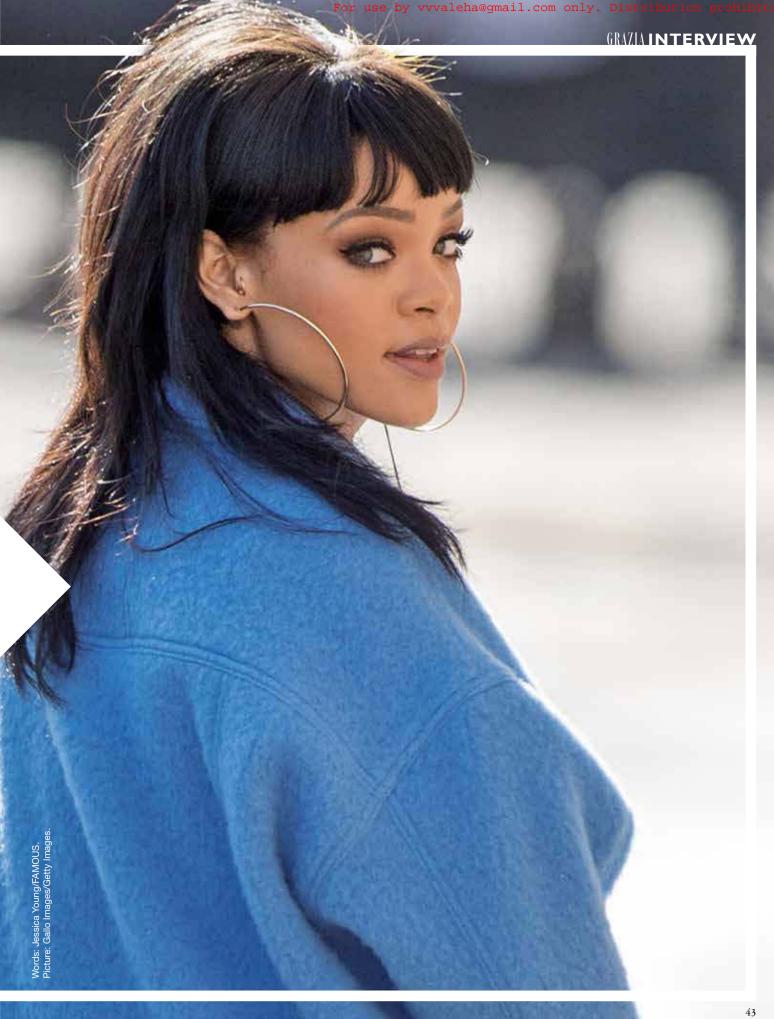
### WHAT QUALITIES DO YOU LOOK FOR IN A MAN?

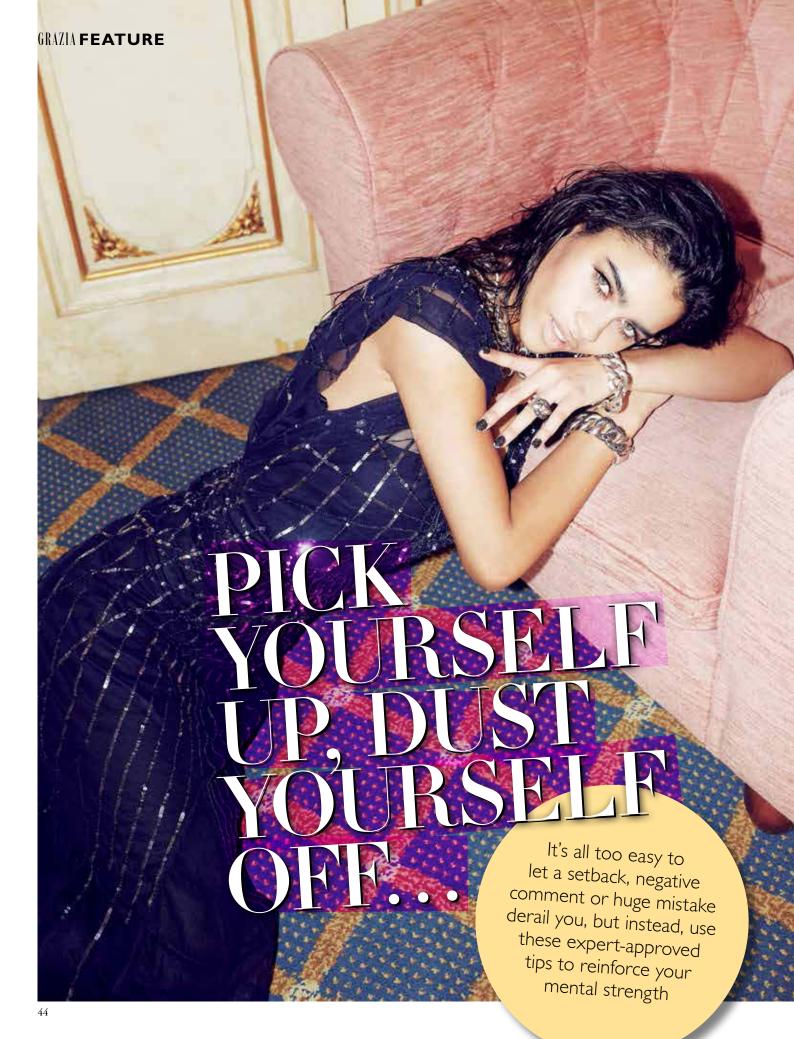
Respect. But we women must remember that the more we respect ourselves, the more men will respect us. Like most women, I'm also strong and vulnerable at the same time, so a man needs to respect that too.

#### WHAT IS YOUR DRIVING FORCE?

I get extremely fierce and passionate about my career and my family. But there are also things that make me become a little child again. I absolutely love balloons – that really brings out the little girl in me.

My image evolves as I
evolve as a woman – with
growth comes change.
My style is a reflection of
my mood as well as my
attitude, and you can see
how it's developed since the
beginning of my career





**AUTHOR AMY MORIN KNOWS A THING** or two about the importance of strong mental armour. After losing her mother and her husband in quick succession in her 20s, she had to summon all her inner strength to survive the overwhelming grief. Instead of falling into the trap of resentment and self-pity, she began to search for ways to stay strong. The positive habits she picked up formed the basis of her new book, *13 Things Mentally Strong People Don't Do* (from R193, Harper Collins). Here, she shares the secret to breaking the cycle of negative thinking and the habits to adopt if you want to be mentally tough.



#### 1 DON'T FEEL SORRY FOR YOURSELF

"When something bad happens in your life, it's natural to feel sad about it, but experiencing grief is not the same as feeling sorry for yourself," says Amy, and the latter will get you nowhere. "When we feel sorry for ourselves, we dwell on the problem and exaggerate how bad it is, rather than thinking of a solution. The more we do that, the less likely we are to do something different to make our situation better. When you say. 'I shouldn't have to deal with this' or 'I deserve better'. you are just digging your heels in rather than moving forward and making the best of your circumstances. Instead of thinking of all the things you don't have, start thinking about all the things you do have to be grateful for in life," adds Amy.

2 RETAIN YOUR POWER "So often we blame other people for how we think, feel or behave," says Amy. "For example, somebody might say, 'They make me mad.' No one can make you feel angry. Remind yourself that other people can influence you, but they can't control you and that the things you do in life are choices, and you don't have to do them. It's about changing the way you think about things: 'Okay, well, I don't have to, but I'm choosing to." It's also important to set healthy boundaries with people. "If you don't like the way someone is behaving, you can choose to tolerate it, or you can say 'I don't like that' or 'I'm not going to put up with that.' Remember, you are in control of everything that happens to you."

## ODON'T SHY AWAY FROM CHANGE

We all like our comfort zone, but if you're staying safely inside yours just to avoid anxiety, you could end up stuck in a rut. "When a situation is bad, we sometimes stay in that situation because we're afraid doing something different could make it worse," explains Amy. "It's about confidence and knowing that you can tolerate anxiety," she adds. "It won't kill

you to be a little bit uncomfortable." You don't have to overhaul your life overnight; start small, for example fill out a job application if you are in a job you hate. "With every step, your confidence builds. The more we face our fears, the more confidence we have to keep moving."

# 4 DON'T WASTE ENERGY ON THINGS YOU CAN'T CONTROL

We're all guilty of worrying about the future, but often the things we're fretting about are the things that are out of our control. "We often make the mistake of trying to prevent bad things from happening, but there are so many things we can't control," says Amy, "Like the weather or what other people do." And the time and energy spent wasted on worrying about something that is out of your control could be better invested working on improving your own situation in a real way. "Recognise that there are some things you can't change or control," says Amy. Pinpoint what is inside your potential, and focus on that, instead of on all the stuff you can't control. "Things won't always turn out the way you want them to, but that's okay," she adds.

## **5** DON'T WORRY ABOUT PLEASING EVERYONE

People-pleasing can result in everyone else feeling contented, except you, warns Amy. "Often, we say and do things that we think will be pleasing to other people," she says. "The danger in that is that after a while we start to lose sight of our own values and what's important in our own life. Rather than instantly saying yes the moment someone asks you to do something, don't give an answer right away. Instead say, 'You know what? Let me check my diary and get back to you.' Then you can have time to think about it and whether you really want to do it or not," Amy says. And practise saying no. It might feel uncomfortable at first, especially if you're a "yes" person, but the reality is that most people can accept no

for an answer. Don't worry about whether people will still like you. "Learn that not everyone in life has to like you. That is a huge thing for people to accept. If people are mad at you, they will either get over it, or they won't, but it is not your place in life to make sure people are never angry."

## 6 DON'T FEAR TAKING CALCULATED RISKS

"We tend to think that risk is correlated with our anxiety levels, so if something feels really scary, then it must be really risky," says Amy. "In reality, our emotions are not always built on logic, and they are not always rational." Instead of listening to your inner panic button, assess the facts of the risks before making a decision. Really weigh up the pros and cons, and know what the actual risk is of things going badly. "We can take steps to mitigate our risk, too" adds Amy. "If you're taking out a loan or taking on a new job, get all the facts before you make a decision. Ask yourself, 'What's the worst case scenario?" She adds, "Usually, the worst case scenario is not that bad, and it's certainly never as bad as you imagine."

## DON'T DWELL ON THE PAST

There are two main reasons that people dwell on the past, explains Amy. "One is if something bad happened that they can't let go of or move past. Another is if people aren't happy with the present, they tend to romanticise the past." In both cases, you have to make peace with the past. "For some people that might mean forgiving someone, and for others it might mean giving themselves permission to move forward," says Amy. "A lot of times, if people have lost a loved one, they are unable to move forward because it feels like a betrayal, and they don't want to move on. To figure out that that is okay and to give yourself permission to enjoy life again can be a huge step to take. To move on from the past, it's helpful to plan into the future, mark milestones and set new goals for yourself," says Amy.

When I'm not feeling my best I ask myself, "What are you gonna do about it?" I use the negativity to

fuel the transformation into a better me'

Beyoncé



'A woman is like a tea bag. You never know how strong she is until you put her in hot water'



If you know you are going to fail,

then fail gloriously' Cate Blanchett



Estée Lauder

'I never dreamt about success. I worked for it'

#### **Q** DON'T MAKE THE SAME MISTAKES OVER AND OVER

If you never allow yourself to learn from mistakes, you risk falling into the trap of making the same mistake over and over again, warns Amy. "For example, someone will get into a bad relationship, then do the exact same thing again once the relationship ends because they didn't spend enough time learning from their mistakes," says Amy. The key here is to really acknowledge your mistake. "You must be willing to examine your mistake, at least for a little bit, to ask, 'Well, what did I learn from it? What could I have done differently?' When you go back to do something again, take that knowledge, and actually apply it, so you don't do the exact same thing all over again."

## 9 DON'T RESENT OTHER PEOPLE'S SUCCESS

"It's hard not to resent people when they are doing well in life, but the more you focus on other people's passive success, the more you take your eye off your own journey to success and lose sight of your own definition of what you want to do in life," Amy says. Instead of competing with successful people, cooperate with them. "If you have a brother who makes a lot of money, talk to him, and learn his strategies to see what works for him. If you have a neighbour who just lost 20kg, rather than being jealous of her, talk to her about how she did it. Make yourself open to learning from people. It's much better to put successful people on your team and have them rooting for you rather than competing against them."

#### DON'T GIVE UP AFTER THE FIRST FAILURE

"People will often try something once, and if it doesn't work they will chalk it up as a failure, rather than as an attempt," explains Amy. "Instead, view failure as one of the steps to success. A lot of successful people have failures along the way, and it was because they didn't give

up that they became successful. You have to change your mindset, be

willing to do something all over again, and think, 'How am I going to do it better this time?" Learn to own your failure as a sign you are getting stronger. "Failure is the best time to push your boundaries," adds Amy. "If you never fail at anything, it means you are definitely living inside your comfort zone. But when you fail, at least you know where your limits are, and you can keep striving to become better."

## 1 DON'T FEAR ALONE TIME

"It's common for people to feel they should always be talking to other people online or entertaining people at their house just because they are afraid to be alone with their thoughts. I meet a lot of people who have trouble sleeping unless they have the TV on. They say, 'Oh my mind races, and I just can't stand it.' To be willing to take some quiet time for yourself, even just ten minutes a day, for some people that is really scary, but we need that time to ourselves to think about how we are doing in life, what our goals are and where we want to go next," says Amy.

#### • DON'T FEEL THE WORLD **OWES YOU ANYTHING**

When you've had a run of bad luck, it can often feel like you are owed some good fortune, but you have to chase the good things in life as they rarely just happen. "Sometimes people will say, 'I had a rough childhood, so as an adult good things should come my way,' but the world doesn't work like that," says Amy, "When people have that attitude, they stop working to make good things happen because they just expect it." The solution is to admit that the world does not owe you anything. "Also acknowledge that you have the power to make good things happen in your life if you get out there and do it, but it's also not a guarantee," says Amy.

#### O DON'T EXPECT IMMEDIATE RESULTS

In this tech-savvy world we are so used to getting things at the touch of a button, but self growth and real change in life don't happen overnight. "It's not going to happen in a week or even a month, it's an ongoing process, but so many people give up because they aren't seeing the results fast enough," says Amy. The trick is to look at change as a marathon, not as a sprint. "There will be setbacks, but it doesn't mean you have to throw in the towel. Instead it means you have more work to do to keep moving forward." ■

#### **USE POSITIVE** LANGUAGE

Sometimes becoming mentally stronger can be as simple as switching up your language. Here are the phrases to ditch and the ones to use instead.

DON'T SAY: "I shouldn't have to deal with this; I deserve better."

SAY: "I'm going to make the best of this bad situation."

**DON'T SAY:** "Nothing good ever happens to me."

SAY: "I am grateful for the good things I have in my life."

DON'T SAY: "I have to attend this boring work function."

SAY: "I don't have to attend, but I'm choosing to do so in order to better my career prospects."

**DON'T SAY:** "What if my best days are behind me?"

SAY: "I'm optimistic about the future." DON'T SAY: "I wish I was as rich/ beautiful/successful as Sarah."

SAY: "What can I learn from Sarah?"

DON'T SAY: "I'm a failure."

SAY: "How can I do it better?"

DON'T SAY: "I deserve some good luck now."

SAY: "I have the power to make good things happen in my life."

Words: Aoife Stuart-Madge. Pictures: Gallo Images/Getty Images; Nacho Alegre



This week it was all about layering - who hit the mark and who missed it?







FEARNE COTTON



#### **MEGAN**

It seems as if the British presenter couldn't decide if she wanted to channel her inner Gwen Stefani or Avril Lavigne. Not a fan!

\*\*\*

#### WARDAH

This outfit was clearly put together haphazardly. It's all over the place. **★☆☆☆☆** 

#### YOU

The outfit just looks messy. She should have planned it around the eye-catching jacket.

**DEBRA ANN BADENHORST** 

\*\*\*\*



AMAL CLOONEY



#### **MEGAN**

Amal is on point! It's sophisticated in its simplicity, and the orange handbag and shoes inject the right amount of colour to add interest.

\*\*\*\*

#### WARDAH

I adore the creams and whites combined with the colourful Oscar de la Renta pumps.

\*\*\*\*

#### YOU

I think she should have tucked in her shirt to show off her gorgeous body, and it would have looked neater.

LEIGH-RATO JAYNE KHWINANA

\*\*\*



KHLOÉ KARDASHIAN



#### **MEGAN**

If Khloé's top wasn't quite so sheer, then this would be a great look. But I love the grey colour palette, distressed skinnies and pointed heels. **★★★★☆** 

#### **DENISE**

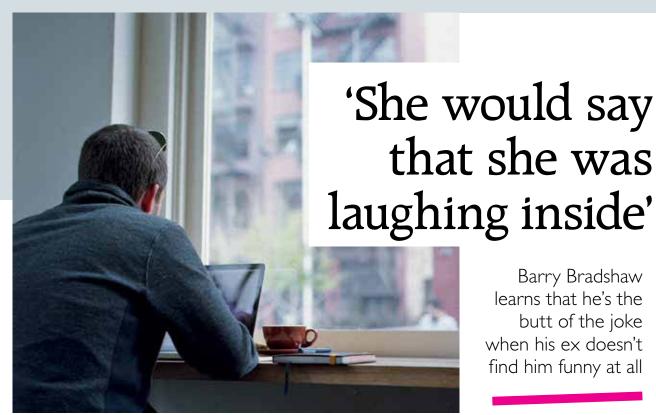
Could Khloé look any hotter?! All travelling outfits should look this amazing.

\*\*\*\*

#### YOU

I love how the grey shades complement her new blonder hair.

STORM STOCKER **★★★☆** 



Barry Bradshaw learns that he's the butt of the joke when his ex doesn't find him funny at all

NOW, I AM NOT SAYING that men and women find different things funny or have different senses of humour. I don't actually believe that, and even if I did I wouldn't be saying it, because who needs the aggravation? All I'm saying is that when your sense of humour doesn't happen to match that of the person you're seeing, it becomes very tricky.

You can generally survive other areas that don't match - musical tastes, for instance. But there's something more personal about your sense of humour. What you find funny says something about who you are and how you see the world and how you survive the ups and downs of life, so when you don't see things the same way, it can be very disconcerting. You start to wonder: what else don't we understand about each other? It also becomes difficult to watch TV together.

I was recently seeing someone and we seemed to suit each other in every way, except what we found funny. I would watch Girls with her, and I didn't mind watching it, because I could just cover my eyes

whenever Lena Dunham got naked, but she would be laughing. "Why are you laughing?" I would ask.

"Because it's funny," she'd say. "It's a comedy."

"It's not a comedy, it's a slightly depressing drama."

"It's not, it's a hilarious depiction of life in New York."

"If you want a hilarious depiction of life in New York, we should watch Louie, or an old Woody Allen movie."

"You're a freak."

Laughter's a measurement of the health of your relationship. As long as you're both still laughing, everything's still okay, but I once had a girlfriend who never laughed at anything I said or did, even from the very beginning of the relationship. Sometimes she would politely smile, but mostly she would just nod. Sometimes she would say, "That's funny."

"If it's funny, then why aren't you laughing?" I would reply, feeling a bit like a child who's aggrieved because his mom didn't find his knock-knock joke hilarious.

She would say that she just didn't laugh on the surface, but that she was laughing inside. It was a bit disconcerting, but I had to believe her. For months I tried to make her chuckle, from sophisticated comedy to puns, impersonations, funny voices and falling over. Nothing. I didn't know whether it was a physical handicap or a psychological impediment, but finally I accepted that she just couldn't laugh, until one day I arrived home unexpectedly and found her with some friends, making a strange braying sound. I thought she might be choking until I realised...

"You can laugh!" I cried, completely shocked. "You've been able to laugh all along!"

"I'm sorry," she said. "I wanted to tell you sooner, but I didn't know how. I just ... I just don't find you funny at all."

When I told my friends that story they all started laughing, but I didn't see the joke. ■

**NEXT WEEK:** Barry bravely answers the question: Do I look fat in this?



#### GRAZIA FASHION





Sheri Sacks, 26, is an attorney who spends her days giving legal counsel. With a wardrobe of neutral staples and chic pops of colour, Sheri shows us how she works a trendy but professional office look...

#### Client meetings

I will wear a high-rise three-quarter pencil skirt, a formal white shirt, a chunky necklace and heels to match. The perfect finishing touch is a thin belt for a bit of of elegance.

# How I work it...

Mimco at Woolworths, R1 299

Edit at Graziadaily.co.za, R340

J.Crew at Net-a-Porter.com, R6 350

Mr Price, R50

*Grazia* girls on what makes their working wardrobe tick...



Witchery at Woolworths, R3 499

Casual Friday



Estée Lauder at Red Square, R295

Asos.com, R360

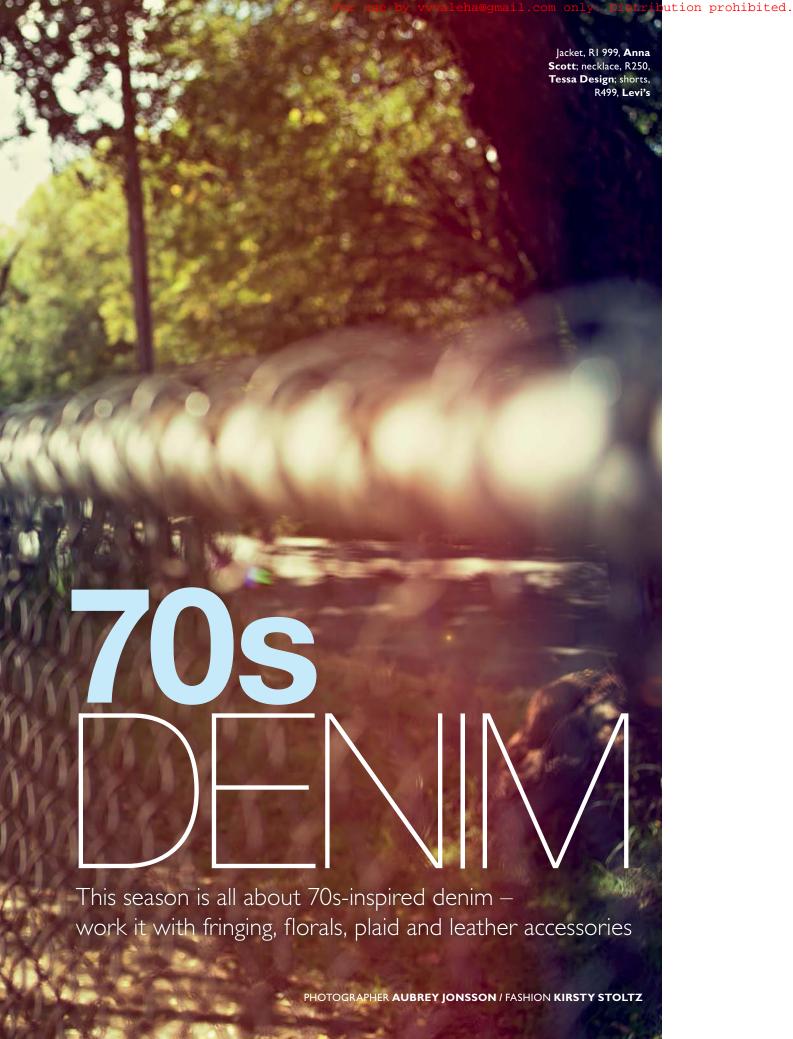
On a Friday I tend to dress a little trendier with skinny jeans, a camel coat and fun heels. I usually wear a bright lippie for a splash of colour.

a bright

BE MINE

Calvin Klein, coat, R6 599, knit, R1 799, jeans, R2 499



















Break away from old habits this season with our rundown of all you need to know about denim for A/W I 5. Flares are back, indigo is the wash to be seen in, and A-line skirts are your new best friend



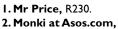


# The wash

On the runways denim was tailored and smart in dark indigo washes. You'll find a new way to do dressed-up denim with well-cut trousers, dresses and tunic tops. And the best part is: dark washes are almost always flattering worn top to bottom.







- R280. **3. Topshop**, R759. **4. Calvin Klein**, R2 199.
- 5. Next at Graziadaily. co.za, R750.
- 6. Forever New, R799.







GRAZIADAILY.CO.ZA



# 2 { The brand GUESS

Celebrating over 30 years in the industry, Guess is top of mind when we think of anything denim-related. How can we not love what Guess has done over the years – especially when local beauty Minki van der Westhuizen was in an international campaign? With a collection of cool street wear to get you through winter, it's the brand to have in your wardrobe now.



# The update A-LINE SKIRT

You may not know it yet, but the denim A-line skirt is staking a claim as the most versatile piece in your wardrobe – and right now they're everywhere. Make yours retro with stacked platforms and a skinny-rib top, go sharp in a white shirt and midheels, use it as a calming base for hi-vis prints, or double up your denim quota with a denim shirt.







I. Julien David at Net-a-Porter.com, RII 925. 2. Zara, R759. 3. Whistles at Polyvore.com, R2 325. 4. Truworths, R399. 5. Topshop, R659. 6. Stella McCartney at Matchesfashion.com, R5 780.





# { The silhouette }

With the 1970s at the top of the trend agenda, it's no great surprise that flares are back with a bang. Every brand is doing them (from full, wide-legged strides through to skinny bootcuts) – they're high-waisted and available in all washes.













# $\left\{egin{array}{c} The \ { t BAROMETER} \end{array} ight\}$



Say goodbye to stiff, uncomfortable material as 7 For All Mankind, Pepe Jeans and Replay launch innovative fabrics.



Decorative denim is a fun party-dress alternative. Patchwork, fraying and ripped detailing help personalise your look.



Neon bright jeans are a far cry from fashion's lavish and sophisticated approach to denim this season.



1.7 For All Mankind, R3 695. 2. Replay at Polyvore.com, R2 440. 3.7 For All Mankind, R3 995. 4. Tommy Hilfiger at Stuttafords, R1 000. 5. Foschini, R499. 6. Topshop, R829. 7. Smash at Graziadaily.co.za, R350. 8. Nameless at Stylemology.com, R450.

9. G Couture at Graziadaily.co.za, R499.



# { The It Pairing DENIM ON DENIM

We've seen it on just about every celebrity – and denim on denim is not going anywhere. Try this easy trend with similar colours to start off, then mix and match tones when you're more comfortable.



Shirt, Calvin Klein, R2 099. Jeans, Rag & Bone at Shop-Label.com, R3 950.

Shirt, Zara, R759.

Jeans, Guess at

Graziadaily.co.za, R899.



# { The statement SHIRT DRESS }

It's difficult to make a statement in denim when everyone is wearing it, but this season the denim shirt dress is here to give you a break. Choose from a multitude of shapes and colours, and pair with a leather jacket or coat.



SHOP THIS ITEM ONLINE AT GRAZIADAILY.CO.ZA







#### GRAZIA SHOPPING









# The embellishment RIPS

It made big waves last year - and it's still so on-trend this season. Get a rip on your denim shirt, dress or jacket to stay ahead of the fash pack.





- Net-a-Porter.com, R6 615.
- **4.Topshop,** R649.
- 5. Mr Price, R230.



# MORE FASH, LESS



Amazing style at amazing prices – race you there



THE PRINTED TROUSERS

She's Cool at Graziadaily.co.za, R133



THE PASTEL HAT Asos.com, R365

THE SPORTY DRESS

Jay Jays, R199

















#### L'Oréal

DermoExpertise Age Perfect
Intensive Re-Nourish
Extraordinary Restoring
Serum, R209. Expect a
more supple and radiant
complexion with a
velvety finish.

#### Rocher

Youth Intensifier Serum, R330. The botanical ingredients in this essence accelerate cell renewal and protect skin.

#### Clarins

Blue Orchid
Face Treatment Oil,
R455. Skin is plumped
and firmed thanks to
its lipid-replenishing
and hydrating
capabilities.

#### Pond's

Gold Radiance
Precious Youth
Serum, R200. This fastacting concentrate works
to correct age spots
while improving
skin density.



# A DROP OF YOUTH

Not quite serum, not quite oil, this breed of hydrating and replenishing essences delivers powerful anti-ageing results – fast

#### Estée Lauder

Advanced Night Repair Synchronized Recovery Complex, R675. This miracle worker has been transforming skin for decades.

#### REN

Bio Retinoid
Anti-Wrinkle
Concentrate Oil,
R750. Naturally derived
ingredients help combat
imperfections and
fine lines.



SIEE AUD

ESTĒE LAUDER

Advanced Night Repair

Synchronized Recovery Complex Complexe de réparation synchronisée

#### Sampar

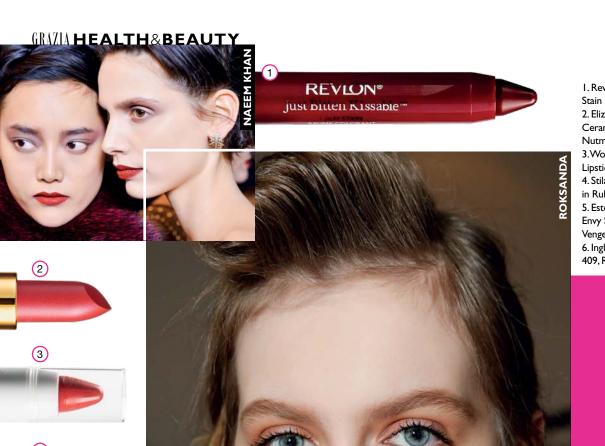
L'Impossible
C-Rum, R695 at
Redsquare.co.za. If
dull, lifeless skin is your
concern, use this
powerhouse to turn
back time.





# PUTTING THE HAUTE INTO WINTER





- I. Revlon Just Bitten Balm Stain in Romantic, R139 2. Elizabeth Arden
- Ceramide Ultra Lipstick in Nutmeg, R210
- 3. Woolworths Kiss Chubby Lipstick in Salsa Queen, R40 4. Stila Color Balm Lipstick in Ruby, R275
- 5. Estée Lauder Pure Color Envy Sculpting Lipstick in Vengeful Red, R345
- 6. Inglot Lipstick Matte in 409, R169

There's red and then there's berry - and wannabe haute fashionistas should be channelling the latter when it comes to their lips. What's the difference? Only a wealth of glamour, polish and plumping prowess – the kind a simple darker shade can only hope to achieve. Look to luxury brands (that load skincare into their lipsticks) for the freshest formulas. Clinique has created lip pop colours to flatter different skin tones and keep your lips extra hydrated, protected and nourished. Cherry Pop (7. Clinique Pop Lip Colour + Primer, R275) is sure to complement both light and dark skin tones.



**(6)** 







Transform your lashes



falsies or adding a stroke of extra-lengthening mascara,

on a very ethereal canvas,

lashes. Keep your eyelids

making sure each individual lash is brought forth.





I. Lancôme Grandiôse Mascara, R399 2. Catrice Cosmetics Better Than False Lashes Volume Mascara Ultra Black, R80 3. Gosh Amazing Length 'n Build Mascara, R89 4. Bourjois Volume 1 Seconde Mascara, R125 at Graziadaily.co.za 5. L'Oréal Paris Miss Manga Punky Mascara, R150

Words: Araffa Mpungwe; Liz Hambleton. Pictures: Mondadoriphoto.com; Marco Vittur; Pixelate; David Marquez; Supplied.

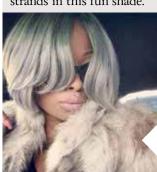
**50s TAKE**Roll up a section of hair in the front and keep the rest loose.



on the tips.



MIX IT UP Accentuate braids with strands in this fun shade.



THE DEVIL WEARS GREY
Cut it short à la Miranda Priestly
– it's edgy and chic!



## 50 SHADES OF GREY

Remember when people who had grey hair kept dying their hair darker or blonder? Newsflash: not any more! The hair colour to try now is a glam, multifaceted silver-grey — and we love it! Here are eight ways you can wear it, plus products to maintain healthy silver strands

SO Ara

'Grey hair is drier than most and tends to absorb pollution easily, so keep it clean and hydrated' Araffa Mpungwe, Grazia beauty editor





CENTRE PART A versatile middle path looks great for both work and play.



DRESS IT UP
HOLLYWOOD
Give your hair a
glamorous feel
with oversized
loose curls – these
will reflect the
light beautifully.



#### BRIGHTEN IT UP AND KEEP IT FROM LOOKING YELLOW WITH:

- L'Oréal Professionnel Série Expert Silver Shampoo, R215
- L'Anza Healing ColorCare Silver Brightening Shampoo, R312
- Mizani Comfiderm Scalp Oil, R167



"The Body Shop Fuji Green Tea Body Butter, R250, smells and feels like heaven – and keeps my skin super-moisturised!" Sonja Raath, deputy editor



# LATHER UP

There's nothing less attractive (and uncomfortable) than dry, flaky skin. And with winter literally on your *stoep*, the *Grazia* girls weigh in on what keeps them hydrated, nourished and feeling silky smooth

"I grew up with Elizabeth Anne Aqueous Cream, from R13. The scent reminds me of my childhood." Nonkuthalo Thithi, junior fashion editor

"I can suffer from uneven patches, but Nautica Evening Primrose Oil, R75, manages to correct that." Alannah Jones,

fashion intern

"I love that Nivea Rich Nourishing Body Cream, from R33, keeps me hydrated but doesn't leave an oily film."

Rizwana Variawa, managing editor



"I'm obsessed with Epi-max Lotion, R40, at the moment. It gets me through the change of season without giving my eczema a panic attack." Denise Khoele, designer 'Not only does
Palmer's Cocoa
Butter Body
Cream, R47,
Smell delicious,
but its longlasting wear
means I never
have to reapply
during the day
great news for
both my skin and
my wallet!'
CARLA WOLBER,
SENIOR COPY EDITOR

Words: Araffa Mpungwe. Pictures: Roxanne Lindenberg; David Marquez; Pixelate; Daniel Ward; Supplied.

### HOW TO COOK RICE WITH HALF THE CALORIES

Rice is a staple food in most countries as it's cheap and high in calories. But with obesity in Asia on the rise, two researchers at the College of Chemical Sciences in Sri Lanka have a solution that's left everyone fully satisfied. Here's how:

- 1. Add a teaspoon of coconut oil to one cup of boiling water.
- 2. Stir in half a cup of white rice and simmer for 20 to 40 minutes, or until rice is fully cooked.
- 3. Stick it in the fridge for 12 hours. The rice now has ten times the resistant starch and up to 60 percent fewer calories than normal.



and Australia have discovered how to unboil an egg – and suspect the process could be applied to proteins in hair and skin, meaning we could hopefully "untangle" a wrinkle or curl in the future!

# Health & Self

We bring you this week's hottest health news

#### ARRIVING SOON

If you find yourself fumbling to remove your iPhone from your armband to check the map or data usage while running, then you'll be itching to get your hands on the new Apple Watch. It promises more simplicity, as you're able to access your maps and music and track your fitness from one device. And as it's on your wrist, it's easy to look at and play with while moving. Available in June, R8 000. Visit Igenius.co.za.

It turns out that we're not as savvv as we'd like to be when it comes to the sun and our skin. A recent UK study found that only one in four people frequently checks skin for any changes or developments. And a fraction of the people who do notice something will not consult doctors, even though they will advise friends with similar findings to seek medical advice. We suggest you check out La Roche-Posay's #SkinChecker campaign featuring Dalmatians (because who doesn't love puppies?) on YouTube.

**#GRAZIALOVES** 

Visit Larocheposay.com for more advice on melanoma.







# WEEK OUT





#### **THE ARTISAN**

Something way more grown-up and chilled has risen out of the ashes of Greenside's raucous dive bar Gin. The Artisan promises bespoke cocktails, craft beer and gourmet sarmies. If you're looking for a new after-work hangout, Jozi, this is most definitely it. *Facebook.com/theartisangreenside* 



has to do with saving the planet from destruction. Again. *Opens April 24* 

#### LEARN HOW TO COOK WITH J'SOMETHING

Mi Casa's main man has partnered with Knorr What's For Dinner and Pick n Pay to help Joburg's culinary novices learn how to navigate a kitchen. Classes include a Knorr goodie bag, too. Whatsfordinner.co.za



#### **DEAR WHITE PEOPLE**

Nobody is safe in the awkwardly hilarious debut from filmmaker Justin Simien. It pokes fun at almost every racial stereotype there is among the students and faculty at a fancy-pants American university. Best of all? Watching Everybody Hates Chris star Tyler James Williams (left) taking centre stage as a shy, afrosporting journalist looking to fit in. Opens April 24

# Words: Guinevere Davies. Pictures: Gallo Images/Getty Images; Bakkes Images; Supplied.



#### DON'T MISS

#### BETTER CALL SAUL

Breaking Bad fans will recognise Saul Goodman (Bob Odenkirk) as the not-quite-by-the-book lawyer who tried to keep Walter White and Jesse out of trouble. Now we finally get to find out a bit more about Saul's beginnings. Season one starts April 29, 9pm, M-Net Edge



#### **BOOK TICKETS FOR**

#### THE BIG BLUES **MEETS ROCK FESTIVAL**

Everyone from Van Coke Kartel to The Albert Frost Trio (Albert pictured) will be making their way to the Hillcrest Quarry in Durbanville to rock your socks off. April 26, Computicket.co.za



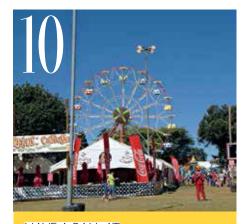
#### **HOMELAND 4**

You might just be able to spot CIA agent Carrie Mathison (Claire Danes, pictured) and company running through Cape Town, which, in the fourth season of our fave espionage drama, doubles as her new home in Kabul, Afghanistan. Starts April 25, 9pm, M-Net Edge



#### LISTEN TO **LUPE FIASCO**

Tetsuo & Youth (Warner) sees Lupe embrace his love of painting - both lyrically and literally (the cover art is his own creation) - in 16 tracks of rap wonder. With more than a few tracks clocking in at eight to nine minutes, Lupe's latest album takes a little bit of dedication. Out now on iTunes.com



#### HAVE A BALL AT

#### **LUSITO LAND**

Not only will you be able to sample the best tasting prawns in all of the land, you'll also be treated to carnival rides, cotton candy and live performances from Mi Casa, Monark, and Dr Victor and the Rasta Rebels if you make your way to the Wemmer Pan in Jozi. April 24 to May 3, Lusitoland.co.za



# WHAT WAS IT LIKE TAKING TO THE STAGE FOR THE FIRST TIME WITH THE AIRBORNE TOXIC EVENT? AND HOW DOES THAT FEELING COMPARE NOW, EIGHT YEARS LATER?

I remember our first show with total clarity. I had a job then, and I'm pretty sure the work day leading up to the show was awash with nervous speediness and sweaty palms. Walking onstage was like jumping off a cliff. You just do it, because not doing it is worse. And then something just switched on in me that I'd maybe only glimpsed before. Then 25 minutes later, we walked off the stage as a band. Some of us still barely knew each other, but we all felt it. Now we've played together under so many different circumstances that the speediness is gone, but the sensation of channelling something greater than yourself is exactly the same as the first time. I live for that feeling.

## IS IT TRUE THAT LEAD SINGER MIKEL JOLLETT APPROACHED YOU IN A BAR WITH THE OFFER OF JOINING THE BAND? WHAT MADE YOU SAY YES?

It's true that Mikel approached me about playing together. Once at a

party (he was very drunk), and then once again at a taco stand in LA. At first we just messed around with a folk project – but as soon as I heard the first Airborne demos on Myspace, I knew what was going to happen next.

### HOW HAVE YOU COPED AS THE ONLY WOMAN IN THE BAND WITH FOUR GUYS ON TOUR? WAS IT A BIG DEAL IN THE BEGINNING?

I don't really think about how I'm a girl and they're not, unless someone points it out or assumes I'm a "real" band member's girlfriend... Our gang has always been me and four guys, so it's normal for us. But occasionally I'll notice that we're at a big radio festival, and say, Karen O from Yeah Yeah Yeahs or Nikki from Silversun Pickups are the only other women performing the entire day, and I'll remember how rare women still are in alternative rock. Things have been changing lately, and I'm really excited to see more and more female musicians onstage.

#### WHAT ARE THE ESSENTIALS YOU PACK WHEN YOU GO ON TOUR?

Work-out clothes. I run a lot and do a lot of yoga on tour. Good (paper) books to keep the neurons firing. Peanut butter... I'm not kidding; I eat a lot of it. Really good headphones, of course. And a tiny MIDI keyboard, so I can write music when I have a sliver of alone time.

#### WHAT HAVE BEEN SOME OF THE 'PINCH-ME' MOMENTS YOU'VE HAD AS A RESULT OF BEING IN THE BAND?

The first time we went to England, before anyone knew who we were, we pulled up at a venue in London to open a show, and two kids were there waiting for us in home-made fan shirts. They knew our names, and they knew our songs; it was crazy. It meant so much to us then, and we still keep in touch with both of them.

#### YOU'RE BLONDE NOW, BUT YOU'VE BEEN BRUNETTE – ARE YOU HAVING MORE FUN WITH THE LIGHTER SHADE?

Sure, I'm having 14 percent more fun. I'm kidding, but actually, I was a purist about my hair for a long time. I never coloured it until one day I just did. And since then I've had grey hair, blue-grey hair, ash hair, golden hair. It's a fun way to change your identity a little bit, without really changing anything.

### WHAT ARE YOU MOST LOOKING FORWARD TO ABOUT PLAYING AT THE FREEDOM FESTIVAL IN SA?

This will be my first time in South Africa – it's the first time for all of us, actually. I want to meet everyone and learn everything and do everything. I can't wait.

#### WHAT DOES FREEDOM MEAN TO YOU?

I feel fortunate to have the parents I do. I was allowed to believe the world was good. Maybe it's trite, but I wish everyone knew peace and had choices and love in their lives. Peace and opportunity shouldn't be privileges.

Four international and ten local bands will be taking to two stages at the Freedom Festival to celebrate 21 years of democracy in SA in Pretoria, April 25, and Cape Town, April 27. Book tickets at Freedomfestsa.co.za



### **EACH WEEK YOUR FAVOURITE MAGAZINE ON DIGITAL**

# GRAZIA

FACEBOOK.COM/GRAZIASA 11
TWITTER.COM/@GRAZIASAMAG

@GRAZIASAMAG

GRAZIADAILY.CO.ZA

### South Africa



Get your weekly **FASHION FIX**on your iPad, Mac or PC.
With the **DIGITAL** version
of Grazia, you can buy just one
issue or a monthly or annual
subscription. For more information,
visit Mysubs.co.za/grazia.

Peril anaption of About the same of a walk for the walk for the same of a walk for the same of a walk for the same

MYSUBS.CO.ZA/GRAZIA



So, these are the questions you need to ask if you really want to get to know someone. We found out that Lika Berning, actress, and star of local rom-com French Toast is very good at delegating and narrowly avoided disaster ten years ago...

#### WHO ARE YOU CLOSEST TO?

I'm closest to my husband, son, sister and mother.

#### WHAT IS YOUR EARLIEST **MEMORY?**

I remember climbing a big peach tree and dodging rotten peaches in the grass in our garden in Westdene [Johannesburg] where we lived until I was about five.

#### WHAT IS YOUR BIGGEST FEAR?

Fear only exists if you give it any attention, so think happy thoughts! But we probably all share the same fears.

#### **RELAXATION IS...**

A late morning nap, a walk in the forest, a glass of wine.

#### WHAT ARE YOU BEST AT DOING?

I'm pretty good at telling other people what to do...

#### WHAT DO YOU VALUE MOST IN A PARTNER?

His values, his principles and his dedication to his family.

#### **TELL US SOMETHING ABOUT** YOU THAT WILL SHOCK US...

I missed the 2004 tsunami in Thailand by a few days... I would have been on one of the worst-hit beaches. Hectic!

#### WHEN DID YOU LAST FEEL **REALLY HAPPY?**

Right now, actually!

#### **WHAT IS YOUR GREATEST REGRET?**

Maybe that I didn't hug Nelson Mandela when I had the chance.

French Toast opens in cinemas nationwide on April 24







#### MIX IT UP

#### THE MAGIC NUMBER?

Technically speaking, the amount of water we should be drinking per day is a grey area. Despite the rumoured eight-a-day rule, the American Institute of Medicine actually recommends nine glasses per day for women. Factors like your health and your exercise and activity levels will also affect how much water your body needs you to drink each day. Drinking 35ml for every kilogram of body weight is a good way to measure the amount of water your body needs on a daily basis. So a woman weighing 60kg should drink 2.1 litres per day.

#### **EAT YOUR WAY TO YOUR GOAL**

Here's another reason to eat your fruit and veggies: about 20 percent of our daily fluids come from the foods we eat. Broccoli is actually 89 percent water, while watermelon comes in at a staggering 91 percent. Therefore adding foods like these into your diet can help you meet your water goals.

#### ORDER H<sub>2</sub>0 TO START

Water can play a major role in aiding weight loss and curbing your appetite – try drinking a glass



#### FRUITY SPARKLE

Yes, drinking nothing but water all day can be helluva boring. Popping a few slices of fruit or some herbs into your H<sub>2</sub>0 is a great way to keep things interesting. If you're a fizzy-drink junkie, why not get your fix with a little SodaStream? We love this cheeky apple and peach sparkle recipe:

#### **INGREDIENTS**

- 1 litre of cold water
- SodaStream Free in Apple Peach flavour (BTW, all SodaStream Free or Natural flavours contain no artificial colouring or flavours, no preservatives and no artificial sweeteners)
- 1 cinnamon stick
- dash of lemon juice
- 1/2 a peach, diced

#### INSTRUCTIONS

- To prepare the flavoured water, fizz the litre of cold water in a SodaStream soda maker. Then flavour it with the SodaStream Free Apple/ Peach drink mix.
- Squeeze a few drops of lemon into the mix.
- Stir with the cinnamon stick and let it stand for a few minutes.
- Garnish with the diced peach and serve chilled.

of water before you eat. Often our bodies confuse hunger with thirst, so drinking water before a meal may prevent you from consuming unnecessary calories – cheers to this (non-cardio) slimming tactic!

#### **KEEP TRACK**

Once you've calculated your daily water goal, it's important to track whether or not you're meeting it throughout the day. There are plenty of apps you can download onto your phone to measure as you go – and even get a few (sip) reminders! We love the Daily Water app. Another easy way to measure your H<sub>2</sub>O intake is to increase the size of your water bottle. Switch out your 500ml bottles for one-litre ones. Larger bottles mean fewer refills, less maths and a greater likelihood of reaching your goal.

#### WHAT ABOUT ALKALINE WATER?

While there aren't any substantial scientific benefits that have been proven just yet, actress and model Ashley Benson swears it's the hangover cure you need. Alkaline water has a higher pH level (around 9 or 10) than normal drinking water, which has a neutral pH of 7. The higher pH level won't affect the water's taste but is said to create a number of detoxifying, hydrating and antioxidant-boosting benefits. Of course, our bodies are equipped to neutralise acid-alkaline balances all on their own, but alkaline water can assist with the neutralisation of higher acidity levels in our bodies - these are caused by the high animal-protein levels, processed foods and simple carbohydrates in our diets. Alkaline water is available from most health shops, and despite the lack of scientific evidence, the way it makes our bodies feel is proof enough that it must be doing something good! ■

# HOW Instagram-worthy IS YOUR HOME?

We've got a few sneaky tricks up our sleeve to make your boudoir camera-ready! It all comes down to lighting, good use of depth and interesting displays. After all, your home reflects your personality, and it's important that you capture just what it's saying

NATURAL LIGHT
Open up those curtains, and let natural light in! Nothing gives your room a fresh glow like a little (or a

lot of) daylight. Photographing a room with lamps and lights switched on is one of the most common mistakes instagrammers

tend to make, as
the artificial lighting
gives the room a
yellow tinge. Rather
photograph a room
during the middle of
the day to brighten
everything and
avoid odd shadows.



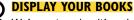


#### STORE THOSE BITS AND BOBS

Trays, decorative bowls and jars are your new home heroes. We all have these odds and ends hanging around, because we need them. The trick to making a house look like a home is to accept these practical pieces and refashion them decoratively. Storing your pencils in a ceramic iar on your desk will make it look organised. Consol jars work wonders in your kitchen - fill them with bright bits like coffee pods, red lentils or sweets for a striking display. Coffee-table books, magazines and candles on a tray create a much better tablescape on your coffee table than a scattering of remote controls!







2

We're not saying it's scientific, but somehow books add the finishing touch to just about any space. Be creative with how you display your book collection. Group books from the same collection

together, so that the spines form a unique whole. Try stacking the same genre of books together and top it off with an accessory. Or line up bright books to create a colour spectrum.

- **1.** Large wooden mannequin, R130, Mr Price Home
- 2. Book ends, R599 for a set of two, Superbalist.com







#### FLOWERS MAKE EVERYTHING BETTER

It's very seldom you see a room photographed without a vase of fresh flowers in the frame. The burst of colour brightens the entire room, lending it an inviting feel. We particularly love seeing bathrooms decorated with little vases and a couple of stems. Fruit has the same effect in the kitchen, so get yourself a great fruit bowl – and display away.

**1.** Barrel vase, R299, Woolworths **2.** Alessi bowl, R2 489, Yuppiechef.com

#### **DEFINE DEPTH**

Depth makes a big difference between your home looking professionally decorated and barely considered at all. Play with size, height, texture and positioning to create depth and interest. If you're decorating your bedside table, for instance, position that picture frame a few centimetres to the left of the lamp. And be cautious not to line up your accessories in a straight line, as it can look a bit bland.





1. Alarm clock, R229, Big Blue 2. Lamp, R799, @home

**3.** Copper circle stack,

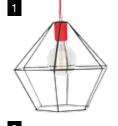
R279. @home

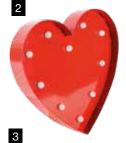
1

THE POWER
OF RED
Perhaps the

thought of selecting a red colour scheme makes you quiver. However, it's the perfect hue to add warmth and impact to a room. Introduce pops of the vibrant colour to avoid feeling too overwhelmed.

A vase of red roses or a red scatter cushion will draw the eye in to that section of the space.







 Geometric pendant light, R349, Superbalist.com
 Wall light, R200, Mr Price Home
 Apple quilt, from R1 099,

3. Apple quilt, from R1 099, Country Road at Woolworths

#### 7 KEEP IT ORGANISED

American interior designer Nate Berkus says, "The simplest way to spruce up your home is to clean it – it costs you nothing! You can't have a beautifully designed space if you can't see the furniture and surfaces."

So be sure to wipe down surfaces and tidy up disorganised areas.





1. Shelf, R4 000, Mr Price Home 2. Round container, R899, Country Road at Woolworths 3. Trunk, R289, @home



we get it: the struggle is real

#### **BE SUITCASE SMART**

First, check your airline's baggage specifications. You need to be aware of just how many kilograms you can check in and carry on. Some airlines are very specific about the size of your hand luggage as well as its weight, so make sure yours meets these requirements. Softer cases are generally more spacious, while hard cases tend to be fairly heavy before you've even started packing - this is wasted weight! It's also worth bearing in mind that lugging a 50kg suitcase through the airport is going to do nothing



#### **BE JUDICIOUS**

Before you pack, put outfits together to see which can double up. If you can't list two occasions to wear each item, don't pack it. Limit shoes – one pair of boots, heels, trainers and flats should last you a couple of weeks. Leave room for some glam purchases!



#### BEAUTY BAG RULES

The first trick is to top up on samples every time you buy products – perfect for shorter trips. Second, divide products into groups according to shape, leakability and necessity. Avoid throwing eyeshadow pots and pencils into one bag – keep long and skinny in a long, skinny bag, and you won't be scratching around for an eyeliner pencil in a time of need. Seal anything that may leak in a Ziploc bag, and put anything you may need on the plane in a separate bag in your carry-on.

Start by framing the bottom of your case with shoes. Then neatly fit your heaviest pieces, like jeans and jerseys, into two folded stacks on the bottom. More delicate items should be packed on top of these. Roll the rest of your clothes and tuck them into the edges of the case – you'll be amazed how much space rolling your clothes can give you (it also reduces wrinkles)! If you're packing a hat, turn it upside down and position it in the middle of your suitcase, with your clothes around it. Roll up some of your T-shirts



Words: Sinead Martin. Pictures: Gallo Images/Getty Images; Shutterstock



By Orli Lysen

#### SCORPIO October 24 – November 22

Fitness plans and work both get an extra burst of energy, thanks to a cleansing new moon. If you've felt weighed down by clutter – emotional or otherwise – you can cut through to what's most important for you now. Consider enlisting a fit buddy to get fitness sorted, or work out with your lover to get extra gorgeous for each other.

#### **SAGITTARIUS** *November 23 – December 22*

Romance and anything you do creatively or for fun gets a new lease on life this week. A new moon adds a boost of pleasure you sorely need to one or all of these areas, now that sensible Saturn's in your sign. It might be harder to focus on work or a fitness routine, but you're allowed time off for good behaviour, so – for now – indulge.

#### **CAPRICORN** December 23 – January 20

Turn your attention to your home, as where and how you live are the focus this week. An unexpected house move or a spontaneous makeover are just some of the possibilities now. Sow the seeds of change, but take your time to get things right. Consider change within yourself now too, as by altering one thing, you could see everything else change for the better.

#### **AQUARIUS** *January 21 – February 19*

Prepare yourself for some intriguing surprises this week. These could be linked to something you learn, hear or say, or somewhere you travel to. With erratic planet Uranus influencing things, the only certainty is that something new and unusual is in store. Relationships are looking extra-special this week too.

#### PISCES February 20 – March 20

Take a look at what you own and what you value. It's a good week to free up your finances by selling things you don't want, in order to make money or room for things you do need. If you make a decision to own only what you know to be useful or believe to be beautiful, you're really tuning into this week's liberating new moon.

#### **ARIES** March 21 – April 20

Welcome to the first day of the rest of your year! A new moon in your sign clears away whatever has gone before, so that you can start afresh. Expect to feel powered-up and superenergised. You're smarter these days about your resources — this includes your energy and your finances — so pace yourself, and don't burn them up. Your career also benefits from a well thought-out strategy and a charm overload now.

#### **TAURUS** April 21 – May 21

Use this week to get your mind and body into better shape. A new moon helps to clear away doubts, especially self doubts, so you could be in line for some surprising and liberating personal insights. This may have a domino effect on how you work, your finances and your well-being, as these are also destined to improve and bring harmony to your world.

#### **GEMINI** May 22 – June 21

This is your best week of the year to decide what you want to do and to go for it. Anything connected to your wildest dreams, serious ambitions and the people who can help you to achieve them is well starred now. With Venus in your sign attracting good things your way, ask and you shall receive — in romance and at work.

#### **CANCER** June 22 – July 23

Your career gets a shot of energy and excitement this week. Something needs to change at work to keep you focused, so what happens now will make life a whole lot more interesting. Home life could be holding you back, but you'll be on top of it all within six months. Financially and romantically things are looking good and are about to get even better.

#### **LEO** July 24 – August 23

This week's hot news comes via a new moon and opens your eyes to fresh and unexpected opportunities. Your luck is in now, as Jupiter is putting you in the right place at the right time to benefit from travel or media associations, help you win a legal issue or earn a place on a life-changing course. Making your career work for you is a theme that's set to continue.

#### **VIRGO** *August 24 – September 23*

Passion runs like wildfire for you this week. There could be a sudden attraction to someone new, or things could reignite in a relationship that may have felt a little on the blah side lately. The same goes for finances, so that a sudden impulse buy (the kind where you have to hide the receipt!) — or stashing cash away for a wild and secret future plan — seems irresistible.

#### LIBRA September 24 – October 23

Your closest relationships get revitalised this week or, if you're solo, your chances of meeting The One are higher than ever now. Don't rush things, as you'll have a better idea of how things are meant to be within six months — especially key issues like joint finances or responsibilities. And as love arrives, don't let your well-being fly out the door.



021 447 7718 ALDO 011 884 4141 / 021 555 3594 / 031 556 6535 APPLE 087 350 2946 ASOS Asos.com AVON 0860 102 345 BIG BLUE Bigblue.co.za BLACKUP 011 809 4000 BODYOGRAPHY Pranaproducts.co.za CELLTONE Celltone.co.za CHARLES & KEITH 0860 104 764 CHICWISH.COM Chicwish.com CLARINS 011 809 6300 CLICKS 0860 254 257 CLINIQUE 011 516 3000 CRABTREE & EVELYN 011 883 6158 **DERMALOGICA** 011 880 0384 / 021 418 0789 **DIESEL** 011 630 4000 **DIS-CHEM** 0860 347 2436 DR. HAUSCHKA 086 002 2002 DUNE LONDON 011 685 7055 EDGARS 0800 203 925 ELIZABETH ARDEN Elizabetharden.co.za ESTÉE LAUDER 011 516 3000 / Esteelauder.co.za FASHION EXPRESS 0860 104 764 **FENDI** 011 326 5085 / Fendi.com **FOREVER NEW** 011 217 6000 / 021 555 3713 / 031 566 3149 FOSCHINI 0860 104 764 G-STAR RAW 011 784 0321 GHD Ghdhair.com/ za GOSH Redsquare.co.za GRAZIA SHOP Graziadaily. co.za GUCCI 011 784 2597 GUESS 011 884 5869 / 021 421 0110 INGLOT Inglotsouthafrica.com JAY JAYS 011 784 0283 / Jayjays.co.za **KAREN MILLEN** 011 784 2937 L'ORÉAL 0860 102 491 LANZA Everythinghair. co.za **LEVI'S** 021 403 9400 / Levis.co.za **LILIKOI** 082 780 3221 / Lilikoishop.co.za **LOUIS VUITTON** 011 784 9854 / 021 405 9700 MANGO 011 783 7907 / 021 418 0916 MATCHESFASHION Matchesfashion.com MIZANI 0860 102 491 MOSCON OPTICS 011 483 8001 MR PRICE 0800 212 535 / Mrp.com MR PRICE HOME Mrphome.com NAILS INC Redsquare.co.za NAUTICA Faithful-to-nature.co.za **NET-A-PORTER** Net-a-porter. com NORDSTROM Nordstrom.com POLO 011 258 7600 POLYVORE Polyvore.com PONDS 0860 347 2436 **PRETTY BALLERINAS** 011 325 5411 **PRINGLE** 011 444 2270 PUMA 021 551 0832 QMS MEDICOSMETICS 011 022 1658 / Qmsmedicosmetics.co.za RAGE 011 063 0000 REDSQUARE Redsquare.co.za REN 086 002 2002 RIVER ISLAND 011 214 7781 SAFILO 0861 723 456 **SAMPAR** Redsquare.co.za **SAM STAR** 071 452 2503 SHOP LABEL Shoplabel.com SPITZ 0860 109 321 SPREE Spree.co.za SSENSE Ssense. com STUTTAFORDS 011 879 1000 STYLEMOLOGY. COM Stylemology.com SUPERBALIST Superbalist. com SUPERDRY 011 784 0496 TESSA DESIGN 011 268 0997 THE BODY SHOP 021 460 1911 THOMAS SABO 011 483 0102 TOMMY HILFIGER 011 615 3073 / 021 425 7088 TOPSHOP 011 685 7070 TRUE RELIGION 011 784 2663 TRUWORTHS 021 460 2300 / Truworths. co.za WOOLWORTHS 086 002 2002 / Woolworths.co.za YUPPIECHEF Yuppiechef.com ZANDO Zando.co.za ZARA 011 302 1500 ZURI 0860 109 451 / Zuri/sa.co.za

# GRAZIA

#### Editor KERRIE SIMON-LAWRENCE

Deputy editor SONJA RAATH Managing editor RIZWANA VARIAWA
Art director KAREN WENTZEL

#### NEWS & FEATURES

Senior journalist GUINEVERE DAVIES

#### FASHION

Fashion director KIRSTY STOLTZ Junior fashion editor NONKUTHALO THITHI Fashion interns ALANNAH JONES, CAYLEE PHAROAH, STORM STOCKER

#### BEAUTY & HEALTH

Beauty editor ARAFFA MPUNGWE

#### ART

Senior designer MICHELLE CORY Designer DENISE KHOELE Retouchers WILRIEN COETZEE, CHERYL AMMON, MARTA NEL

#### **PICTURES**

Photographer ROXANNE LINDENBERG

#### PRODUCTION

Senior copy editor CARLA WOLBER

#### EDITOR AT LARGE IOEY KOK

CONTRIBUTORS SINEAD MARTIN, SAM WILSON-SPÄTH

#### PUBLISHING & MARKETING

Publisher NIKKI RUTTIMANN
Publishing manager MATHILDA VAN GRAAN
Finance admin assistant
GUGULETHU MALANDA
Finance manager JAMEELAH CONWAY
Circulation manager ADELE MINNAAR
021 443 9965
General enquiries: (JHB) SYLVIA KGATLA 011
217 3058 / grazia@graziasa.com (CPT) ANITA
GRINDLAY-WHIELDON 021 408 1278

WEBSITE www.graziadaily.co.za Digital editor SASKIA BRUINDERS Digital and marketing assistant WILMARIE VAN DER MERWE

#### ADVERTISING

Group head Media24 YVONNE SHAFF
082 903 5641 / 021 443 9812
Key accounts managers (JHB) LETITIA LOUW
083 454 1137, TAMARA NICHOLSON 083
604 0949, SUSAN PIENAAR 083 281 7300
Key accounts managers
GINA VAN DE WALL 083 500 5325 (DBN)
SAMANTHA PIENAAR 082 889 0366 (CT)
Cape Town advertising enquiries
KANYA YOTWANA 021 408 3039

#### MANAGEMENT

CEO: Media24 ESMARÉ WEIDEMAN CEO: Media24 Magazines CHARLENE BEUKES CFO: Media24 Magazines RAJ LALBAHADUR

#### MONDADORI INTERNATIONAL BUSINESS

GIACOMO PASQUALINI

Chairman and CEO: CARLO MANDELLI; General manager: ZENO PELLIZZARI; International publisher and head of licensing and syndication: SANDRA GOTELLI; International advertising manager: DANIELLA ANGHEBEN; Syndication and photos and rights manager: MELANIA LANDINI; International brand manager – fashion titles Europe: FRANCESCA BRAMBILLA; International brand manager – fashion titles Mexico, Grazia.es, South Africa, Middle East, Asia: ERIKA FANTAUZZI; Grazia international art director:

SUBSCRIPTIONS, RENEWALS & ENQUIRIES Phone: 087 740 1030/021 065 0033 Fax: 021 406 3854 Email: grazia\_subs@media24.com SMS: 'grazia' to 32361 (R1 per SMS) Website: www.mysubs.co.za

#### GRAZIA INTERNATIONAL NETWORK

International editor in chief: CARLA VANNI

Editors in Chief: Italy: Silvia Grilli; Albania: Elda Laze; Bahrain: Alison Tay; Bosnia-Herzegovina: Jelena Joksimovic; Bulgaria: Polia Alexandrova; China: Sun Zhe; Croatia: Selma Terlevic; France: Christine Régnier; Germany: Astrid Saß; Grazia.es (Web Contents Manager): Patricia Rodríguez; Holland: Mies de Vries; India: Mehernaaz Dhondy; Indonesia: Tenik Hartono; Korea: Sunghyun Ahn; Mexico: Fernanda Lebrija Garfias; Middle East: Alison Tay; Poland: Anna Janicka; Russia: Aliona Peneva; Serbia: Gabriela Vinkovic; Slovenia: Spela Staamol; South Africa: Kerrie Simon-Lawrence; Thailand: Pimonrachada Indrapana; United Kingdom: Jane Bruton



©2012 Mondadori International Business S.r.l. and Media24. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic or mechanical, without the prior permission in writing from the publisher. While reasonable precautions have been taken to ensure the accuracy of advice and information given to readers, the editor, proprietors and publishers cannot accept responsibility for any damages or inconvenience that may arise therefrom. Grazia has the right to make alterations to any material submitted, and cannot be held responsible for the loss of or damage to any material submitted for publication. All prices quoted were correct and items available at the time of going to press, and may vary from shop to shop.

## PARTY PEOPLE

PLACES to go, THINGS to do, PEOPLE to see

#### **Woolies X** Pharrell colab

Celebs and guests came out in their numbers to celebrate the new collaboration between Woolworths and our fave Happy singer, Pharrell Williams. The reason? To launch a new programme of sustainable projects that will help create a better environment - and Pharrell is going to be the style director. Can't wait to see what they'll be doing!





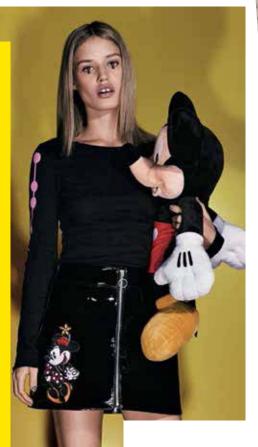




Not for Sale to Persons Under the Age of 18.

# And finally...

Georgia May Jagger hearts Minnie Mouse So much so that she's signed up to curate a Minnie Mouse photographic exhibition that will run during London Fashion Week in September. She's also the face of Brit designer Ashley Williams' Minnie Mouse collection for Dazed magazine. "I've always been a Minnie fan. so I'm really excited to be working on this campaign," Georgia May said.





#### THERE'S A DOWNSIDE TO LOOKING LIKE KATY PERRY

Well, that's if you're an actress from London named Francesca Brown. It seems her uncanny resemblance to the singer cost her more than a few acting jobs. And not even a change of hair colour could help. "It's hard to find a hair colour that Katy hasn't tried!" she said. The good news? She now has a career as a Katy Perry impersonator.

# **HAVE TOO MANY POST-ITs.** Bored of the bland walls of his so-called creative workplace, designer Ben Brucker decided to do a little bit of (work-approved)

redecorating. Only

8 024 multicoloured

YOU CAN NEVER

Post-it notes, 12 people and ten hours later, and the walls were adorned with floor-to-ceiling pixelated murals of superheroes. Good job!



#### Harry Styles is an awesome human being

It turns out that besides being ridiculously good looking, One Direction star Harry Styles has a heart of pure gold. Harry took some time out from the band's tour in SA to pay a sneaky visit to the Lalela Project in Cape Town, which provides art and music lessons to at-risk youth. "He spoke to them about their lives." said a source.

#### THIS ICE CREAM COMPLETELY UNDERSTANDS

Let's be real, when that time of the month rolls around, all we really want to do is inhale sugary substances and be left in peace. Thanks to the genius of graphic designer Parker Jones, we now have the "three steps of PMS" flavours of ice cream to do all of that hard work for us. If only they were real.



#### No parking for the Kardashians

Hollywood-based street artist Plastic Jesus has taken it upon himself to ban any member of the Kardashian family from parking in and around his hood, including in front of their very own Dash store. These illegal yet hilarious traffic signs will probably be long gone before Kim and Khloé return from Armenia.





**So, what's in a name?** Young Beyoncé (no relation) has always been slightly embarrassed about her name. When her revelation made its way to the Humans Of New York Facebook page, she suddenly found herself in the company of hundreds of other strange or celebrity-named folk who could empathise with her.

Like Reply 6 45,086 April 4 at 10:31pm



# **IF WE NEEDED ANOTHER EXCUSE TO EAT TOASTED CHEESE REGULARLY...** This would be it. According to a recent survey on online dating network Skout, those who eat toasted cheese sandwiches all the time pretty much have the best sex lives on the planet. Or, at least, more sex than people who aren't eating cheese toasties. The site found that 32 percent of toasted cheese lovers reported having sex at least six times a month, whereas only 27 percent of cheese haters said they have sex that often.

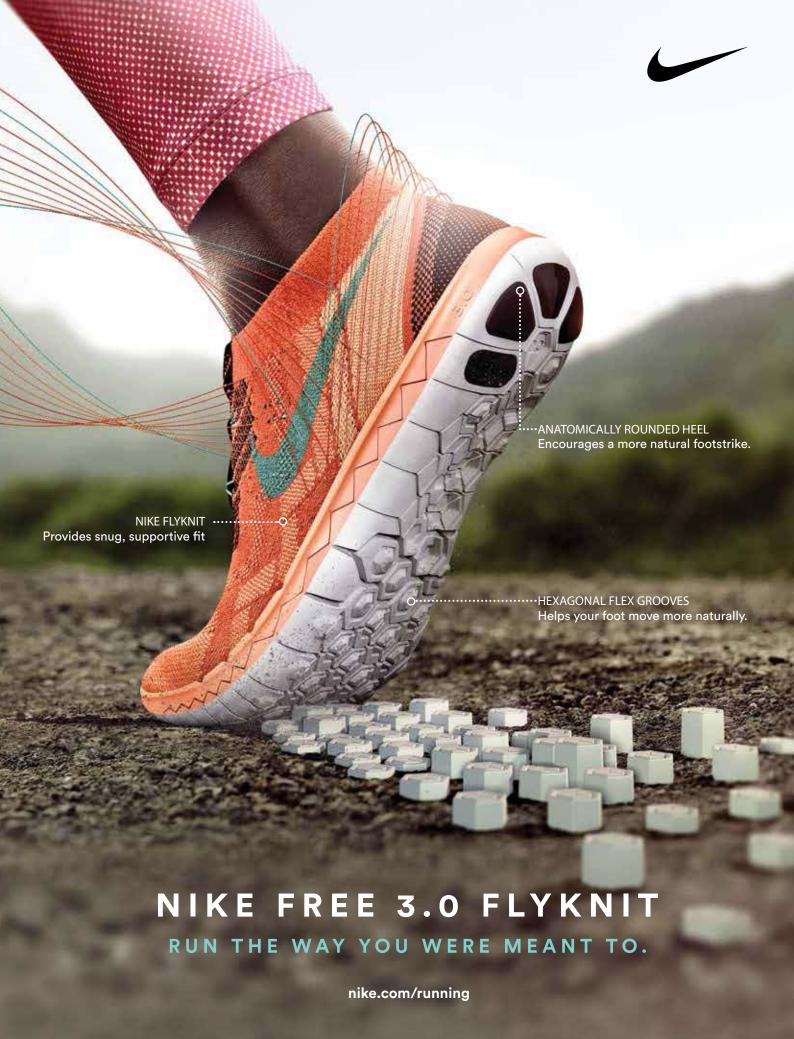




Complement your bag with these additions: 1. Printed, black scarf, R2 400. 2. Gold and black spike necklace, R1 500. 3. Day Home No. 2 room scent, R300. 4. Day Home No. 2 scented candle, R830.

TO WIN THE BAG AND DONATE TO CHARITY SMS "DAY" FOLLOWED BY YOUR NAME AND EMAIL ADDRESS TO 44971.

SMSes cost R1.50 per entry. The winner will be selected at random from all the entries received by the closing date. Lines close at midnight on Sunday April 26 2015. Entrants must live in South Africa. For terms and conditions visit Graziadaily.co.za. About the charity: Door of Hope Children's Mission rescues and receives any abandoned, abused and orphaned children and provides a temporary home while seeking a forever family for each child. Learn more at Doorofhope.co.za. Winner of the Bulgari giveaway in issue 142: Marle Coetsee



# BANANA EST. 1978

The TRUE OUTFITTERS of MODERN AMER

SANDTON CITY | CAVENDISH SQUARE | PARTICIPATING STUTTAFORDS